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MPs probe 'disabling' dips

MPs are to investigate claims that farmers are being permanently disabled by toxic chemicals in sheep dips that resemble nerve gases.

Farmers claim they have had muscle weakness, depression, tremors, incontinence, blurred vision, speech impairment and heart conditions because of organophosphorous (OP) dips.

The House of Commons Agriculture Select Committee will question the Veterinary Medicine Directorate on 26 April about licensing OP dips.

And the National Farmers Union (NFU) is teaming up with the British Medical Association to review the medical effects on 2 June.

The Ministry of Agriculture, Food and Fisheries (MAFF) says there is no evidence to support the allegations. The dips are not a health risk when used in accordance with manufacturers' instructions, it argues.

But the South West Environmental Association (SWEA), a

pressure group that supports and advises farmers affected by OPs, is calling for the dips to be withdrawn.

SWEA spokesperson Elizabeth Sigmund said more than 300 farmers with OP poisoning had asked her group for help.

She argued: "Sheep dipping was compulsory between 1976 and 1992 so thousands of farmers were forced to use dangerous chemicals for 16 years. They should be fully compensated for their illnesses."

Barry Coomber, from Kent, is to sue a dip manufacturer after doctors linked his myocarditis to OPs. He developed chest pains within two weeks of sheep dipping. "I was perfectly fit until I used the sheep dip. I know of 23 local farmers whose health has been ruined by these chemicals."

Bob Shepherd, from Willing-

ton, County Durham, was forced to give up work in 1990 because of blackouts and mood swings brought on by OP dips.

He applied for industrial injury benefit (IIB), but was told he had depression. Mr Shepherd won his case on appeal, but is angry that self-employed farmers do not qualify for IIB.

He said: "They should get this stuff off the market now and compensate everyone."

Mervyn Rees, from Swansea, was forced to give up work in

1986, but failed to get IIB. "My muscles ache and I have difficulty breathing, but I will not give up my fight," he said.

SWEA's Mrs Sigmund said: "Few farmers get IIB because it is so difficult to prove you have OP poisoning. Many GPs have never heard of it."

Government rules introduced last year have made it illegal for farmers to buy OP dips unless they get a certificate of competence. They must use protective clothing and respirators.

But the Countess of Mar, who has campaigned for the farmers in the House of Lords, believes

the Government should do more.

"There is not enough publicity about the dangers of OPs and evidence that protective clothing used by farmers can be penetrated by the chemicals."

Robert Davies, a consultant psychiatrist, said: "The evidence is mounting and it is something the Government cannot ignore. I have little doubt that the high incidence of agricultural suicide is connected with OP dips."


A MAFF spokesperson said: "If OP dips are used to the correct specifications, there should be no health problems."

Picture, page 2

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He's a winner! Heinz Frei celebrates after winning the 1995 BSAD/NutraSweet London Wheelchair Marathon in a record-breaking time of 1:39:14. Full report pages 18-19.

GRAHAM BOOL PHOTOGRAPHY

Insurers' tactics under fire

Insurance companies are resorting to underhand surveillance rather than pay out for personal injury compensation.

And disabled people who fail to qualify for the new Incapacity Benefit are being targeted to buy private health insurance.

Tom Jones, of London-based solicitors Brian Thompson & Partners, which specialises in personal injury claims, says surveillance is "widespread", with firms often using hidden video cameras.

They aim to "trap" claimants by "proving" injuries are not as disabling as the claimant maintains, so that judges will set a lower injury award.

"Insurance companies do not like to pay out the cheques. If the company can halve an award or even reduce it to nil, then a surveillance operation costing perhaps £15,000 is worth doing," said Mr Jones.

Insurance companies will consider any personal injury award above £25,000 as a potential target, believes Mr Jones.

A Mail on Sunday investigation
Continued on page 2



Bob Shepherd, who has won a three-year battle for industrial injury benefit, wants OP sheep dips withdrawn. RICHARD RAYNER/THE GUARDIAN

Blunkett misfires on quarantine call

David Blunkett, Labour's Shadow Education Secretary, is calling for guide dogs to be exempted from UK quarantine laws. But his comments have left him in the dog house with disability groups.

Mr Blunkett, who is blind and has a guide dog called Lucy, believes the Government should make an exception to the rules for guide dogs.

"I am in favour of a carefully monitored system that could allow people like myself to take our guide dogs abroad with us."

Dogs would have to be properly inoculated and registered. In the past Mr Blunkett said he has had to rely on assistants when attending European conferences.

All dogs currently have to be quarantined for six months before coming into the country.

The Royal National Institute for Deaf People said it knew of the campaign, but was happy with the rules as they stood.

A spokesperson for the Guide Dogs for the Blind Association said: "Any move would have to be very closely monitored. We cannot foresee anything better than we have already."



Blunkett and Lucy: dog house

The Ministry of Agriculture, Food and Fisheries also poured cold water on the idea.

Ministers were sympathetic to the needs of blind and deaf people, said a spokesperson, but adamant the rules would not be changed. "France and other European countries still have rabies. We want to maintain our rabies-free record."

Remploy hits 50

Remploy, the sheltered workplace company that now employs 10,000 disabled people, was 50 years old in April.

Chief executive Tony Withey said he was proud of the firm's achievements. "More and more people are finding they can make the step to the open job market."

Motability faces its critics

As the National Audit Office pursues its enquiries into Motability, ten leading disability groups will meet Motability's vice-chairman on 25 April.

They are determined to get answers to 21 questions covering the financial structure of Motability Finance Ltd (MFL) and Motability 10th Anniversary Trust, the profits being made, and whether MFL's monopoly of leased cars for disabled people is in the best interests of its 215,000 customers.

Bert Massie, director of the Royal Association for Disability and Rehabilitation, will be at the Motability Users' Liaison Group meeting with Gerald Acher. "I hope it will clear the air and be constructive," he said.

"This is a very important meeting, a way of trying to re-establish confidence in Motability," said Mike Bruton, executive director of the Disabled Drivers' Association.

* Motability's new director will be logistics expert Noel Muddiman, CBE, 51, commandant of the Army School of Mechanical Transport, north Humberside.

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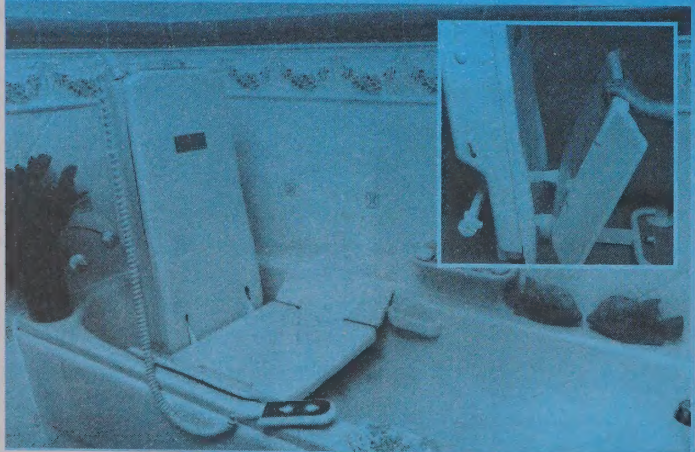
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Insurers under fire

Continued from page 1

highlighted three men who said they were intimidated by investigators. One, Ian Davidson, who has a damaged spine, has gone to the Insurance Ombudsman.

The Association of British Insurers said surveillance was the "exception rather than the rule".

A spokesman said: "It is not unknown for people who claim to be totally incapacitated to be videoed laying a patio."

Pauline Thompson, director

of the Disablement Income Group (DIG), said disabled people who fail to qualify for Incapacity Benefit will become prey for private health insurers.

One major company, Unum, has already run advertisements stressing how Incapacity Benefit will make it harder to claim state benefits. It urges people to protect their income "should the worst happen".

The DIG, which is 30 this year, had "nothing to celebrate", said Ms Thompson. "We should be having a wake."

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Shops warning

Supermarket checkout workers are in danger of being permanently disabled by repetitive and strenuous work.

The Health and Safety Executive has found that 60 per cent of checkout workers suffer limb pain, which can be a symptom of conditions such as repetitive strain injury.

Most at risk were those who scanned and packed goods. The survey covered 1,800 staff at 50 supermarkets.

Sainsbury's minicom, page 7

Gizza job, Lilley?

Few of the 220,000 people expected to lose their benefit entitlement in the switchover to Incapacity Benefit will find jobs, a member of the Policy Studies Institute (PSI) think-tank warned in April.

Incapacity Benefit was introduced on 13 April. Richard Berthoud, of the PSI, said its inflexibility could cause "serious anomalies".

PSI call on water bills, page 4

Ticketing u-turn

Through-ticketing on UK railways (*DN February*) will not now end. The rail regulator, John Swift, who proposed ending the system whereby a ticket to any destination could be bought from any station, said that, after consultation, current arrangements should continue.

Easier complaints

Complaining about your GP or health professional will be made easier from April 1996 through a simpler, two-level system, said Health Secretary Virginia Bottomley in April. It will include investigative powers for the Health Service Ombudsman. Disabled people are being struck off GPs' lists for being "too expensive" (*DN January*).

Unions' Euro role

European trade unions have a crucial role to play in ending discrimination against disabled people, said Trades Union Congress (TUC) leader John Monks in April. He was speaking at a conference of the European TUC.

What's in DN next month

* *DN* takes its first ever look at the Irish Republic

* Here comes summer – food, clothes, equipment

* Post-19s: tools for living...plus news, checkout on hoists, and the best in jobs



Direct Action Network was busy in April. Scuffles in Cardiff (*left*), an effigy of John Major (and a cement mixer to build a ramp) delivered to Downing Street, and a cover feature in the *Independent on Sunday* all raised public awareness of the group's campaign for civil rights.

BRENT MOORE/TIM RUSSELL

Seamen fighting for war pensions

Some veterans will not be celebrating VE Day on 8 May – the merchant seamen who are still fighting to receive war disablement pensions 50 years after the end of World War Two.

The seamen claim they have been ignored by successive governments, despite the fact that more than 30,000 died and many more were injured in the conflict.

The Royal British Legion is campaigning on their behalf and is urging the Government to be more sympathetic to their plight.

It is taking the case of one veteran, Thomas Worthington, aged 75, to a pensions tribunal.

Mr Worthington, who served in north Africa, Sicily, the south of France, and on the north Atlantic convoys, is now hearing impaired. This is a result, he says, of the constant shelling and bombardment. He has never received

a war disablement pension.

"When the war finished we had no medical examination. No one told us anything. We were happy to have got back in one piece."

It was only three years ago that he discovered he might be entitled to a war disablement pension, through his local Merchant Navy Association.

Seaman's union Numast says a "significant" number of seamen now say they need help.

Merchant seamen face a much tougher test than naval personnel to be awarded a war disablement pension.

They must prove their disability is due to war-related activities, rather than just being caused while on active service or by activities after the war.

Fifty years on, the Royal British Legion says this is harder than ever to prove.

Gulf secrets probed

Secret British and American military documents obtained by a former US secret service agent reveal that servicemen and women with the mysterious "Gulf War syndrome" were exposed to chemical weapons.

A thousand British men and women are fighting for compensation, claiming they have been disabled as a result of serving in the Gulf (*DN February*).

The papers reveal that Iraq did

deploy chemical weapons during the war. Allied troops were exposed to mustard gas and sarin, the nerve gas that killed ten people in Tokyo in March.

The finding will strengthen the veterans' case. The first writs against the Ministry of Defence are expected soon, following a successful application for "collective" legal aid by Manchester solicitors Donn & Co, which represents 500 veterans.

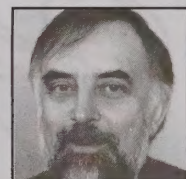
New Scope chief

Ann Robinson, chief executive of Scope (formerly The Spastics Society) resigned in April, after only 18 months. She was replaced immediately by Richard Brewster, 42, director of marketing.

"The Council was unanimous

that we needed leadership very quickly at a time of many challenges," said chairman Anthony Hewson. "Richard was the best person for the job."

Brewster: top job



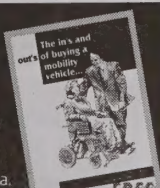
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Hague u-turn as Blair goes missing

The Government bowed to cross-party criticism of its Disability Discrimination Bill in the Commons by implementing a series of u-turns in March.

At the same time, Labour leader Tony Blair came under fire for missing a crucial vote during the report stage of the bill.

In the debate, William Hague, Minister for Disabled People, said the Government would legislate to improve access to coaches, buses and trains, an area previ-

ously ignored by the bill.

The u-turns came as MPs lined up to criticise the Government's plans. Conservative critics included David Congdon, Alan Howarth and Sir John Hannam.

Mr Hague agreed to widen the bill's definition of disability to include people with a substantial history of disability.

He promised to look at ways of improving access to colleges and schools for students with disabilities and increasing

awareness of students' needs.

The amendments are expected to be added when the bill goes to the House of Lords in early May.

However, an amendment to include a National Disability Commission within the bill was defeated by 13 votes.

Stratford upon Avon MP Alan Howarth, a staunch supporter of civil rights, said this left a "hole" at the heart of the Government's legislation.

Mr Blair and Scottish spokesperson George Robertson were in Scotland and missed the vote. Mr Blair was at a meeting on Clause Four and Mr Robertson was campaigning in the run up to the Scottish elections.

According to Andrew Welsh,

chief whip of the Scottish National Party (SNP), 25 Labour MPs and four other opposition MPs were unaccounted for during the vote.

He said: "While SNP MPs gave up campaigning in Scotland to support an important vote on disabled rights which could defeat the Government, Labour's leaders let the Government off the hook once again."

He has written to Labour chief whip Derek Foster on the issue. An early day motion by SNP leader Alex Salmond also condemned Mr Blair.

A spokesperson for Mr Blair said he and other Labour MPs had been "paired" to Tory MPs, so cancelling out their votes.

Barnes bill back from the dead...

Harry Barnes' Civil Rights (Disabled Persons) Bill received a stay of execution as DN went to press.

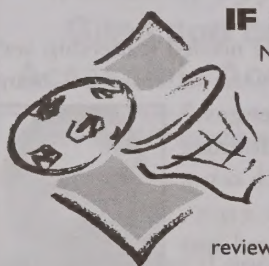
Parliamentary time has become available for the bill to go into committee on 26 April – but it is expected to go no further.

Mr Barnes' bill will follow the Carers (Recognition and Services) Bill, which will have its report stage on 22 April.

But the Barnes bill looks set to be squashed at report stage on 29 April because of lack of time. Tory MP Dr Michael Clark's private member's bill on road traffic will be debated ahead of it.

Mr Barnes said he was "pleased" but feared his bill would be talked out.

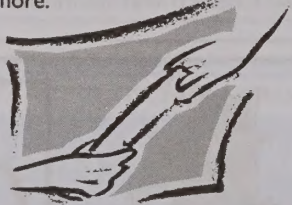
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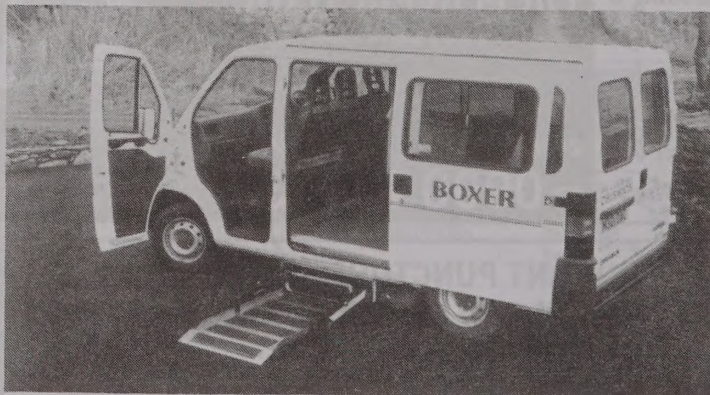


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Water bills help urged

The Government should help disabled people pay their water bills, says a report by the Policy Studies Institute (PSI).

Disabled people are "over-represented" among those who run into debt, and thus are more likely to have their water supply cut off, says the report *Water Debt and Disconnection*.*

It has been backed by an early day motion signed by 33 MPs which calls on the Government to reconsider whether disconnection is the best way to deal with debtors.

Many disabled people use more water than average. The report highlights the one million people who have incontinence.

A Department of the Environment spokesperson said that, while it urged water companies to heed complaints, it could not order firms to change policy.

*£9.95, PSI, BEBC Distribution, PO Box 1496, Poole, Dorset BH12 3YD.

Lottery blamed for charity losses

Donations to charities have dropped "alarmingly" since the launch of the National Lottery, according to a new report by the National Council for Voluntary Organisations (NCVO).

The NCVO study found that the proportion of the population giving to charity has fallen from 81 to 67 per cent since November. This means a cash fall of £71 million.

In particular, the number of people giving to street collections and buying charity raffle tickets has fallen significantly.

"If the pattern continues for the rest of the year, charities and voluntary organisations will have lost £212 million," said NCVO chief executive Stuart Etherington.

Mr Etherington said charities that raised funds from raffles and scratchcard games had

been the hardest hit.

Cancer charity Tenovus has cut 500 jobs and closed its monthly scratch-card, which raised £1.5 million a year, following a "catastrophic" slump in fundraising.

Michael Downs, Tenovus' chief executive, said: "The lottery's new £50,000 scratch card was the last straw. It's now impossible for us to compete."

The NCVO is seeking an urgent meeting with the Home Secretary Michael Howard.

Top of the agenda will be ways in which the Government can help charities in difficulties, and redistribution of lottery proceeds so that more can be provided for charities.

Camelot, the consortium that runs the lottery, said it was too early to tell what effect the lottery was having on charities.

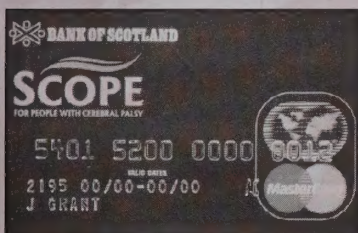


Angry campaigners demonstrated outside Cornwall county council in April in protest at plans to close Kersa and St Christopher's respite care centre. The council decided to postpone any decision until they had carried out further consultation after receiving a 6,000-signature petition.

CAMERACRAFT

Giving Scope credit

Scope, formerly The Spastics Society, relaunched its credit card in March (*below*).



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Book launch

Merle Davies reports

The National Trust launched its 1995 information booklet for visitors with disabilities in March.

It contains access details of 300 properties and is available in large print and tape. Some sections are also available in braille.

The launch took place at Ashbridge Monument in Hertfordshire, where disabled people can hire buggies to enable them to enjoy the new boundary trail.

The Trust's Access for All initiative demonstrates its increasing commitment to help visitors with all kinds of needs get the best of a day out.

Information for Visitors with Disabilities, free, from Valerie Wenham, tel: 0171-222 9251.

Thalidomide group calls for inquiry

The Government is being urged to investigate claims that people affected by Thalidomide can pass on the disability to their children.

The Thalidomide Action Group (TAG) will meet Department of Health (DoH) officials in April and call for a Government inquiry.

TAG chairperson Freddie Astbury said: "There is now considerable evidence that our disabilities can be inherited."

"So far, eight people affected

by Thalidomide in the UK have produced disabled children. The latest, a boy, was born only six months ago."

Thalidomide, given to pregnant women to combat morning sickness, was marketed in Britain under the brand name Distaval, by drugs firm Distillers. Some parents may sue the firm on behalf of their children.

Glen Harrison, from Crowland, Lincolnshire, said he wanted to take legal action but was worried about the expense

as he is unlikely to get legal aid.

"I may have to sell our family home or business to fund the action."

Australian researcher Dr William McBride is currently carrying out a series of tests which, he believes, could prove the disabilities can be passed on. He said: "We need to be certain. At this stage it is only a possibility, not a probability."

The DoH said there was no new medical evidence to support the parents' claims.

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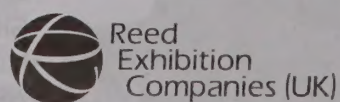
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In brief

New help for shoppers

Sainsbury's has installed mini-coms in 30 supermarkets across the country. The company, which provides specially-adapted trolleys and wider checkouts for disabled customers, is also giving some staff sign language training.

A Sainsbury's spokesperson said: "Customers with mini-coms will now be able to call the store with general enquiries, such as opening times and the availability of certain products."

Helpline's fifth birthday

The Cerebral Palsy Helpline celebrated its fifth anniversary on 30 April.

The service, provided by Scope, averages 1,000 calls a month from people with cerebral palsy, their families and other interested individuals. It provides information, advice and support.

"Interest in the helpline has snowballed," said co-ordinator Veronica Lynch. "There has been a five-fold increase in calls since we started."

Tel: (0800) 626216.

Video stars

Members of Write Away, a pen-friend club for children and young people with special needs, can now keep in touch by video.

Director Nicolle Levine said: "Up until now, members have either used pen and paper, braille or cassette tapes to communicate, but they can now make videos to send to their pen pals. It means deaf people will be able to use sign language."

Write Away has over 3,500 members aged from eight to 18.

Write Away, 29 Crawford Street, London W1H 1LP, tel: 0171-724 0878.

People of the Year

There is still time to send in your nomination for the Royal Association for Disability and Rehabilitation's (RADAR) People of the Year Award. If you know someone who deserves this honour, write to Jo Coombs at RADAR. Closing date: 31 May.

RADAR, 12 City Forum, 50 City Road, London EC1V 8AF.

Correction

From DN's March issue:
The correct telephone number for the National Film Theatre bookshop is 0171-928 3535.

DN's weekly news service on the internet is available on Disabilities Access at <http://www.pavilion.co.uk/CommonRoom/DisabilitiesAccess>



Over 200 emergency alert cards have been given to carers in east Sussex. The cards, which say "Someone depends on me in an emergency", give the telephone number of a care centre that should be rung if a carer is taken ill or injured. Centre staff will ensure that any disabled person who is dependent on the carer is given the help they need. The scheme has been developed by the East Sussex Council for Carers.

Dad's fight for 'autistic' son

The father of a 17-year-old boy who has been diagnosed as autistic, is threatening to take legal action against a council which, he claims, wrongly diagnosed his son.

Godfrey Clarkson says Lincolnshire County Council was wrong to diagnose his son, Paul, then aged eight, as being "emotionally deprived" rather than autistic.

In 1986, Mr Clarkson, who was going through a divorce and trying to run a guesthouse, asked the council to receive Paul and his sister into temporary, voluntary care, under section two of the 1980 Child Care Act, "as I couldn't cope".

At this point, Mr Clarkson alleges the council imposed a full care order on the children, arguing that Paul showed signs of "emotional deprivation", and put the children into foster care. Mr Clarkson also alleges

that the council did not let him put his side of the argument.

This diagnosis, he argues, meant that Paul did not receive a specialist education, blighting his future job prospects and emotional development.

In 1993, Paul, who is now back with his father, went to see Pro-



Paul Clarkson: legal battle

fessor Digby Tantum at Goldstone Hospital, Coventry, an expert in autism, who diagnosed him as autistic.

"I am looking for historical damages. Any damages must

extend to his being taken away from his father and me being wrongly accused," said Mr Clarkson.

"I said Paul was autistic before they took him into care."

He has written to his MP, Conservative Sir Peter Tapsell.

Norman Riches, director of education for Lincolnshire County Council, said he was not prepared to discuss individual cases.

"We will always reconsider new evidence and new professional opinions. There is a history of cases where we have repeatedly done that."

"Sometimes there are occasions where opinions are in conflict."

Mark Bebbington, advice worker for the National Autistic Society, said: "It is a grave miscarriage of justice if someone is misdiagnosed and they are not getting the services. It is horrendous all round."

Get me to the polls on Tyne...

Gateshead council has agreed to improve access to a polling station after being accused of disenfranchising disabled voters.

A portable hut, used as a polling station in Knightside Gardens since 1993, will be fitted with a ramp in time for the local elections on 4 May.

The decision was made after complaints by Peter Rutherford, local divisional secretary of the Soldiers' Sailors' and Airmen's Families Association.

Mr Rutherford, who is a wheelchair user, said he had been unable to vote at the last local election and felt "disenfranchised by lack of suitable access".

"I was told I could get a proxy vote, but I want to go along and vote like anyone else," he said.

David Norman of the Gateshead Council on Disabilities said: "We have been complaining about this hut for years. I am glad the council is finally doing something to improve it."

Sarah Langton-Lockton of the Centre for Accessible Environments said: "This is a nationwide problem. It is good that Gateshead are starting to recognise the needs of disabled voters."

A council spokesperson said the ramp would be installed as soon as possible.

Smith to stand

Peter Smith, a member of the Conservative Disability Group, is standing in the local council elections in Rugby.

Mr Smith, who is a wheelchair user, said: "People have been very pleasant. You do get one or two who treat you differently, but I can handle that."

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A helping hand from the USA

US scientists have made a device that enables people with quadriplegia to use their hands to grasp and release objects.

The Neuroprosthetic Hand Grasp System (NHGS) is being tested on people with spinal cord injuries who are able to move their shoulders but cannot move their hands.

When the spinal cord is injured, the brain can no longer send messages to the nerves in the arm. NHGS gets round this problem by sending messages directly to the arms, bypassing the user's damaged nerve system.

Neurologist Peter Gorman, who is leading the Baltimore research programme, said: "A person can activate the system by moving their shoulder. An external sensor, mounted on the shoulder, senses the movement and sends a signal to a unit mounted on the wheelchair. Electrodes attached to the forearm, stimulate the muscles to grasp and release things."

Anger over drug ban

A leading medical expert is angry that tacrine, a drug used by over 200,000 Americans with Alzheimer's disease, has been refused a British licence.

The Committee on Safety of



A stretching time: Dr Robin Munro puts a yoga class of people with asthma through their paces at the Royal London Homeopathic Hospital

GAVIN SMITH/THE OBSERVER

Medicines (CSM), the Government's licensing body, rejected an application in March, even though it has been approved in Sweden, Australia and the US.

Research suggests that tacrine temporarily stops the progress of Alzheimer's in some people. Side-effects, however, include nausea and liver damage.

Professor Gordon Willcock of Bristol University, an expert in care for elderly people, said the CSM's decision was "crazy". "There is good evidence about tacrine's benefits. It can offer an improvement to a minority." He believes the cost of the treatment – £2 a day – may have influenced the CSM's decision.

The Alzheimer's Disease Soci-

ety said it was "disappointed". The Department of Health would not comment.

Vaccine tests to begin

The first vaccine for prostate cancer is to be tested within a month.

The prototype vaccine aims to stimulate the body to mount an attack on the common cancer, which affects about 10,000 men each year.

It has been developed by Dr

Jonathan Simons of the John Hopkins Oncology Centre in Maryland, America.

The vaccine will be given to the first three people next month. Altogether, over 30 people will receive it with doctors assessing its effectiveness.

Dr Simons said: "The idea is to make a vaccine that will stimulate the body to generate immune cells that go on a search-and-destroy mission to eradicate any prostate cancer cells that remain in a person's body."

• A new drug that could offer hope to women with advanced breast cancer has been developed by British scientists.

Iodoxyfene Two is being hailed

as a breakthrough for women who do not respond to Tamoxifen, the most widely prescribed breast cancer drug.

It could be years before it is generally available, but initial studies suggest the drug is safe and effective.

Now a more detailed trial is being planned by the Cancer Research Campaign (CRC).

Breath of fresh air

People with asthma are being invited to test a new drug-free treatment – yoga therapy.

Some children and adults have reported great improvements in their condition after a few months of the therapy.

Robin Monro of the Yoga Biomedical Trust (YBT) is now offering other people a chance to take part in clinical trials to see whether early results are borne out by a long-term study.

The YBT, which was set up by Munro to carry out research into the benefits of yoga, holds sessions at the Royal London Homeopathic Hospital.

Jocelyn James is among those who have benefited from yoga. She was put on a high dose of steroids after developing asthma and told that her condition could only be controlled by drugs.

"You open your arms and stretch, and you feel brilliant because the conditions tends to crumple you. If I don't do it for a few days my chest tightens."

Dr Munro said: "We don't advise people to stop taking their medication, but many find they need it less often or in lower doses and can control their asthma better after a few months."

He said people with emphysema, arthritis and multiple sclerosis can also benefit.

BYT, tel: (01223) 67301.

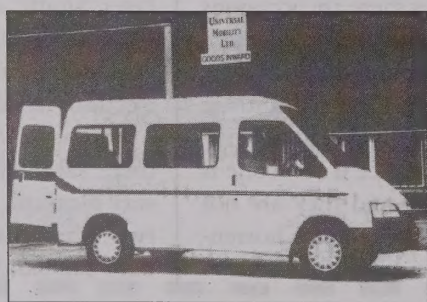
Chilli burns away pain

American doctors are using chilli peppers as a new painkiller for people with cancer.

Researchers at Yale University have shown that chillies can relieve pain for two hours by desensitising pain receptors in the body.

They have successfully used the treatment on people with oral muscotis – painful mouth ulcers caused by cancer therapy. Patients were given sweets containing small amounts of chilli.

Within 30 minutes of sucking the sweet, the pain had virtually disappeared. The painkilling effects of each sweet lasted about two hours.



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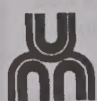
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Where can you find your ideal home? Not here...

Martha Robinson went along to the *Daily Mail* Ideal Home Exhibition to see if access had improved since last year



You are about to move house. You want to shop for new furniture, have a fun day out and a bite to eat. The 1995 Ideal Home Exhibition at Earl's Court, London is the place for you. Wrong. The exhibition was anything but ideal for disabled visitors.

Siby Boyd, a wheelchair user, will be moving to a new house with her two children in May. So *DN* asked her to check out the exhibition.

We reserved one of the 25 free parking spaces for disabled people. Inside we met Kevin Taylor and his mother Doreen who is a wheelchair user. They had arrived to find all the 25 spaces were taken. They had to go to a nearby multi-storey car park and park on the top floor.

Raised platforms

Siby was armed with her credit card in search of a bargain. "I would like to see some disability aids. It will be interesting to see what's on offer."

Many of the furniture exhibits were on raised platforms. A few had ramps. "It seems that some companies have bothered to think and others haven't," Siby observed.

According to April Whitehead, the exhibition press officer, exhibitors are advised to fit ramps to stands, but it is not obligatory. "The exhibition has been criticised in the past and some changes have been made, but there's still a long way to go."

Much of the furniture was not suitable for Siby's new house. "It's a pity that each feature

does not include a special display of accessible furniture."

A Pyram fitted kitchen did catch Siby's eye. The cupboards and fridge had drawers which pulled right out. "This fridge is great. I wouldn't have to strain to reach for things at the back."

No ramps in show village

The Parkhomes showhouse was accessible. But only inside. Siby could not get in as there were steps at the entrance. A Parkhomes representative said that the DMG Exhibition Group had banned a ramp as it was "too dangerous".

The Bellway Homes show village had stairs at entrances and exits. Their information desk had received complaints from wheelchair users.

"It's terrible for such a big event," complained Siby. "The things I want to see, I can't."

Caroline Jones of DMG told *DN* that ramps were not fitted



No entry at the show village

MARTHA ROBINSON

to the houses as "disadvantaged" people could be a safety hazard inside houses in the event of an emergency.

All this lack of access was making us hungry – time for lunch. But the restaurants were not accessible. Siby asked how to get to the pasta restaurant at an information desk. She was told: "Try one of the food stalls. Do you really have to have pasta?"

When told of *DN's* experience, Sarah Langton-Lockton, chief executive of the Centre for



Hanging out in the kitchen: Siby tried out Lord Snowdon's new mobility concept

ROY FARTHING

Accessible Environments, said: "This is not good enough for 1995. An event of this size should, at the very least, offer disabled people the opportunity to have the same food as everyone else."

Heavy doors

Siby got upstairs by using a stair lift to the foyer and then taking a lift to the first floor. She had to pass through several heavy swing doors which were difficult to open without help.

Upstairs, many of the food stall counters were too high for Siby to see over and the eating area had tables designed for standing, able-bodied people.

In contrast, two exhibits had been designed for people with disabilities.

The Rompa Snoezelen room at the NCH Action for Children stand looked like a 70s grotto (minus the Bee Gees). It was designed to stimulate children with severe disabilities and behavioural problems. Siby chilled-out surrounded by soothing music, glass tubes full of brightly lit bubbling water, multi-coloured lighting and soft play toys.

Innovative hoist

Lord Snowdon's new mobility concept was also a success. Siby travelled around the showhouse in a Wessex Medical Travelmaster hoist, connected to rails on the ceiling. She moved from room to room and adjusted her height using a remote control.

Tracy Lewis, a wheelchair athlete, was demonstrating the hoist. "It's ideal for someone to get around without a carer." Although Tracy recognises its

uses, she would not buy the hoist. "I would find it frustrating. I like being in my chair and in control."

Siby was definitely a fan. "My initial reaction when I saw the hoist was 'That's stupid'. It didn't look like you would be able to get to all the nooks and crannies in a room. But it really does get you around. If I had a choice between waiting for someone to do things for me or using this, I would try it."

An accessible restaurant is due

to open at Earl's Court in September. A stair lift and new ramp are planned for the Brompton Road entrance. Perhaps Lord Snowdon's concept could also be used to improve future access?

Airborn visitors in hoists would then be guaranteed a glimpse of all the exhibits.

Pyram (UK), tel: (01702) 480660.

Rompa, tel: (01246) 211777

Wessex Medical, tel: (0800) 581223.

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TELEPHONE- 0181-881 7777.**



David Griffiths is unimpressed by a "safety conscious" hand control system

When the Research Institute for Consumer Affairs (RICA) launched its report last year on secondary safety – what happens to car and driver after the impact of a crash – it made some manufacturers think harder about safety.

Essex-based TechMobility is a case in point. It claims to have devised hand controls that do not intrude on driver knee and foot space, collapse with the steering column in the event of a crash, and "address all the problems highlighted by RICA".

All very admirable – especially if the cars are good to drive and competitively priced.

Visually, the controls present a somewhat unusual layout. Although following the push/pull principle, the accelerator and brake are separate levers, mounted on the same side.

The brake is a small padded block surmounting a curved flat bar, which disappears into the column shroud.

The accelerator unit hangs above. Made of thin rod, it has a down-hanging, vertical operating section without grip. A cable carried behind the column shroud links it to the pedals above the pedal fulcrum, AID-style.

A "transfer-stalk" formed by a horizontal rod carries the operation of the left indicator function stalk over to the right. Made of strong, shiny metal

Safety, sure, but what about the driver?



Daewoo wants to bring a new image to car buying. Its Nexia 3-door looks particularly disability friendly.

surmounted by a hard plastic knob, it looks out of place in an arrangement supposedly aimed at safety.

Unexpected hazards

This presents the driver with unsuspected hazards, the main one being that of trapping one's fingers between the brake and the accelerator unit. The two pass so close to each other that, in an emergency, anyone with frail, weak or stiffened fingers could injure themselves.

Both controls are positioned so as to make it impossible to steady the wheel with the right hand while maintaining control of the vehicle. The transfer stalk sits woefully out of reach, glinting in the sunlight.

Out on the road, the problems become thoroughly annoying. I

normally never use a steering wheel knob, but I found it virtually impossible to drive without one on this system.

Indicating was a matter of lashing out at either the original stalk or the transfer rod, and then hastily grabbing the controls or the wheel again. It was impossible to dip the lights without taking a hand off.

Braking required a hefty shove, while the accelerator was heavy and stodgy, and not helped by some half inch of slop in the cable. All this on a car renowned for smoothness and lightness!

An hour at the helm was more than my right arm could take (and I had just returned from a 2,300-mile haul to Italy on someone else's hand controls).

TechMobility controls may be less likely to cause danger in a

full frontal impact involving steering column collapse, and there is no denying that they leave the driver's knee space free.

But my candid opinion is that they pay scant regard to the requirements of a disabled driver, and show marked lack of knowledge in this area.



TechMobility hand controls pay scant regard to the disabled driver

At about double the price of basic push/pull controls, (hand control system, £45, right-hand indicator, £35, quick-release steering ball, £35), they are just not competitive. They drive badly compared with even the cheapest kit controls.

Many who drive on direct-acting push/pull systems would find TechMobility impossible to use. The dangers of occasioning the very thing these controls are designed to help cushion could be all the greater as a result of fitting them.

Eye on the Tigra

For those tired of pedestrian saloons and hatchbacks, Vauxhall has introduced an automatic transmission option on their sporty little Tigra.

For such a small vehicle the doors are huge, and the rear stowage more than adequate for a fast weekend away. However, you have to cultivate the right image and clamber out whilst maintaining decorum.

Daewoo and Halfords are endeavouring to bring a completely new image of car buying to Britain. Automatic

transmission and power-assisted steering is available throughout the Daewoo range, and the Nexia three-door looks particularly disability-friendly.

It is too early to say what Daewoo's policy on disability will be. Hopefully it will see the wisdom of following the trail of Proton, Hyundai and Kia.

Fiat is taking a serious look at the European disability market and attempting to link with major conversion companies to give them a better image.

With most of the automatics being constantly variable Selecta transmission (CVT), they have failed to find favour with many potential customers.

Fiat is developing a torque converter to match the Selecta system, which it is claimed will remove the jerky progress at low speeds and introduce the very thing that CVT was designed to remove – transmission "creep". Funny old world...

TechMobility, tel: (01206) 210440.

Daewoo, Mark Carbery, tel: (01923) 777788.

Fiat, tel: (0800) 717000.



The New Volkswagen Caravelle by Invatravel Conversions



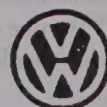
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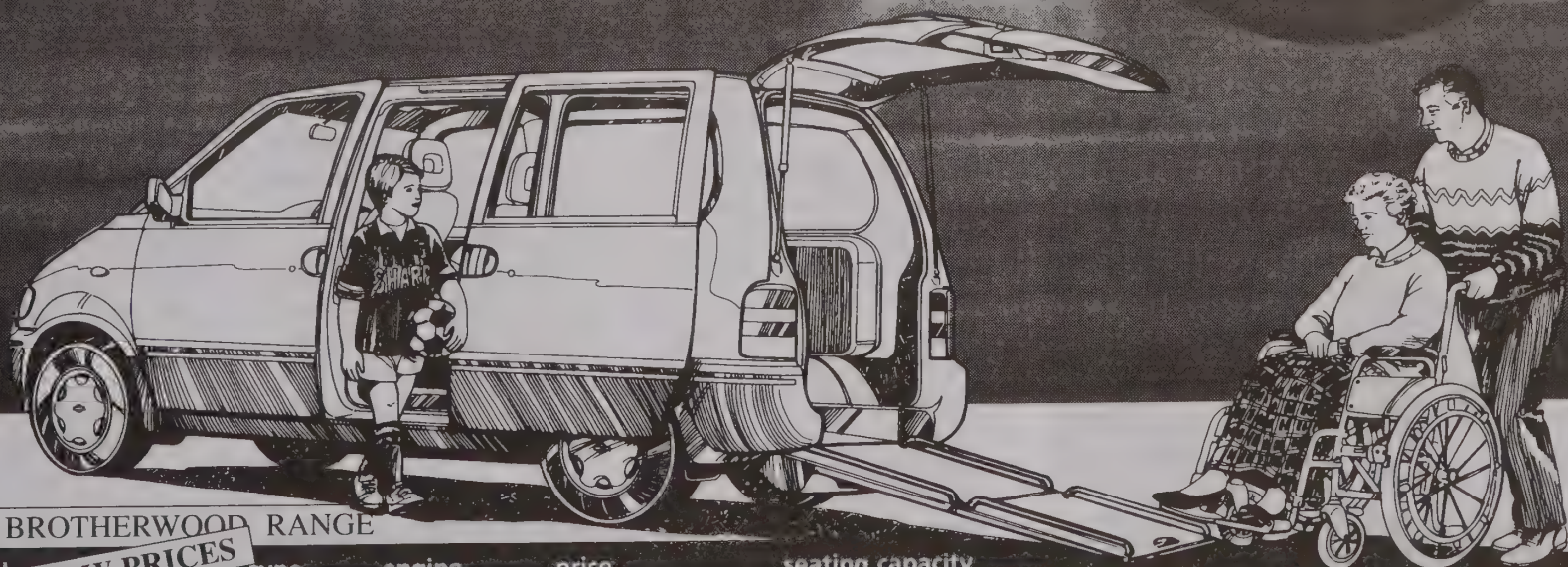


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Home banking: let your

Do you have trouble getting in and out of your bank? Are you fed up with the service on offer? Home banking

Inaccessible high-street banks, long queues, and even longer faces behind the counter, might make banking from your own armchair an appealing option.

At one time, telephone banking used to be regarded as a way of checking your balance and not much else. Now it is part of the overall package offered by high-street banks and larger building societies.

Telephone banking services – except for First Direct – are “add-ons” to existing services. For example, if you have an ordinary current account with Barclays you can apply to join “Barclaycall”, its telephone banking service (*see table opposite*).

All the systems offer the same basic service: you can check your balance, order a new cheque book or statement, set up and amend standing orders, transfer money between accounts and pay regular bills.

With some you can also arrange overdrafts and personal loans and order foreign currency.

TSB's Phonebank, launched earlier this year, offers personal loans, mortgage quotations and home insurance. Later this year, customers will be able to telephone a computerised diary system and make an appointment to visit any TSB branch in the country.



At the touch of a button: Charles Daly, who is visually impaired, has instant access to his bank account
FIRST IMAGE PHOTOGRAPHY

Building societies and insurance companies are getting in on the act too. With Abbey National Direct and Woolwich Direct, for example, you can arrange a mortgage, take out a personal loan or get a quote for motor, building and contents insurance.

First Direct, a division of

Midland Bank, is unique. It offers the complete range of banking transactions, as well as mortgage quotations, travel insurance, share dealing and financial planning. Statements, are sent out in the post, as traditional banks do, but paperwork is kept to a minimum as most matters are dealt with over the telephone.

Whatever your requirements, it is worth shopping around to find the service that suits you.

At the end of the line

There are three types of telephone banking systems currently available: tone and voice, personal and screen response.

The tone system recognises the tones produced by modern push-button telephones. If you don't have one, you will need to buy a battery-operated tonepad, which you hold over the mouthpiece. (This could be difficult to operate for anyone with arthritic hands.) You are given a pin number which you punch in with your account number. A recorded voice then asks you to punch in the number for the service you want.

Some tone services, like National Westminster's Actionline, also offer voice response systems. You say the number for the service you require and the computer also responds to simple words.

With services like First Direct, you speak to the operator in person. You are asked to give a

password and other personal details for security purposes.

The main disadvantage with tone, voice and personal telephone banking is that you don't have a record of what is being said. But some banks, like First Direct, do record conversations which can work in your favour if you dispute a transaction (*see below*).

Screen-based systems, like the Banks of Scotland's Home and Office Banking Service (HOBS), can be accessed via a screenphone (available from the Bank of Scotland, £99) or a personal computer which has a modem and communications software. HOBS displays the last 600 transactions on the screen, and customers can send messages to their branch using the electronic mail service.

Cash in hand

When it comes to getting cash, telephone banking is limited. You, or someone on your behalf, will still have to go to the bank and use the cash card



Charles Daly (*left*), from Epping, Essex, has been using HOBS for three years. “I got fed up with Barclays braille statements arriving one month later than the printed version. By the time they got to me, they were so out-of-date, I decided to shop around for a better system.”

Charles found out about HOBS through a friend. He already had a modem for accessing bulletin boards, so it was just a case of buying compatible software, in this case EasyLink (£45).

“Now I can get a statement within 45 seconds. I can pay domestic bills, order a new cheque book, transfer money, you name it. For only £4 a month it's pretty good value. Once you've set up the system, the amount of time spent on the wire is minimal: it's not pounds, but pennies.”

that comes with the account.

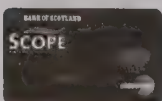
The same applies to depositing money. You can only pay cash and cheques in at a bank or post office. If you do send cheques through the post, two or three days will be added to the time it takes your cheque to clear.

The lack of personal, one-to-one, contact can also be a problem. If you have a complaint, it can be difficult to identify the person you should be speaking to. And, if you are with First Direct, it is virtually impossible to confront your “bank manager” face-to-face.

So far, telephone banking is a no-go area for most hearing impaired people. Only the Bank of Scotland has a minicom. Good news from Sun Alliance though. They have just installed a minicom to their home and motor insurance telephone service.



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Sue Maynard Campbell (*left*), a wheelchair user from Wakefield, joined First Direct two years ago because “Barclays moved my account to a branch which was inaccessible”.

For Sue, the main advantage is that she can ring up at any time: “You can do it there and then and get it off your agenda.”

Sue hadn't realised that First Direct recorded her calls until she disputed a transfer on her statement. “They were able to go back and check the transaction which proved to be incorrect.

“It doesn't bother me that I don't have a personal bank manager – they don't necessarily know about the account anyway.”

fingers do the walking

might be the answer, says Sarah Rigby



Ralph Edmunds from Leyton, east London, thinks the Co-operative Bank's Armchair Banking service is "terrific". He uses it for monthly mortgage payment and domestic bills. "Anyone with a disability will benefit," said Ralph. "I just ring up whenever I want to. I haven't got to worry about finding someone to post a letter for me." SARAH RIGBY

Open all hours
Most telephone banking services are open 24 hours a day, 65 days a year (see box). Calls made from the UK are usually charged at local rate and you can also call from abroad at the standard international rate. But a report in independent

watchdog *Which?* magazine in 1993 said that "home banking can put pounds on your telephone bill". *Banking From Home* found that some users spent over £100 a year calling their telephone bank, and that start-up costs, service charges and fees for going overdrawn were high.

What services are on offer?

	NAME OF SERVICE	TYPE OF SERVICE	TIMES AVAILABLE	COST OF CALL
BARCLAYS BANK	Barclaycall	Personal	Mon-Fri, 7am-11pm, Sat-Sun, 9am-5pm	Local rate
BANK OF SCOTLAND	HOBS	Screen	Mon-Fri, 6am-1am Sat-Sun, 6am-11pm	Local rate
CLYDESDALE BANK	Telebank	Screen	24 hour	Varies depending on location
CO-OPERATIVE BANK	Armchair Banking	Personal	Mon-Fri, 8am-8pm Sat 10am-6pm	Local rate
FIRST DIRECT	n/a	Personal	24 hour	Local rate
LLOYDS BANK	Lloydsline	Personal	8am-10pm, daily	Local rate
NATWEST BANK	Actionline	Tone/voice	24 hour	Local rate
TSB	Phonebank	Tone	24 hour	Local rate

Stuart Cliffe, chairman of the National Association of Bank Customers (NABC), says: "Home banking tends to cost more because you are paying for the convenience of a home service.

"Customers think they are getting a 24-hour service. But, in reality, major transactions like applying for a loan or an extended overdraft still have to be done during usual office hours."

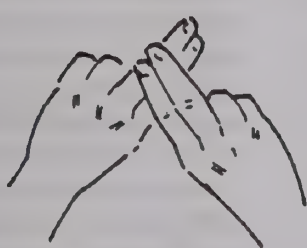
Like it or not, home banking is here to stay. With increased

technology the possibilities are endless. Soon you will be able to "surf" your account on Internet.

Later this year, National Westminster Bank customers in the Cambridge area will be able to "tune in" to their accounts on the cable tv network.

Abbey National Direct, tel: (0800) 555100.
Barclaycall, tel: (0800) 222800.
HOBS, tel: (0800) 838113.
Telebank, Clydesdale Bank,

tel: 0141-248 7070.
Armchair Banking, Co-operative Bank, tel:(0345) 212212.
First Direct, tel: (0800) 222000.
Lloydsline, tel: (0345) 179179.
Natwest Actionline, tel: (0345) 777 766.
Phonebank, TSB, tel: (0500) 758758.
Sun Alliance, tel: (01473) 289355, minicom: (01473) 291400.
Woolwich Direct, tel: (0645) 757575.
National Association of Bank Customers, tel: (01291) 430009.



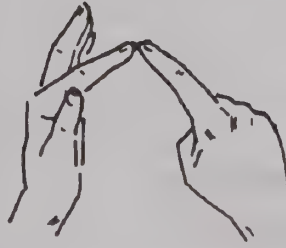
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John Claricoat from Islington, north London, believes home

banking is "absolutely essential" for visually impaired people.

John, who is blind, has been using Actionline for nine months and is "very satisfied" with the service.

"Having Actionline has made a big difference to me - it has given me a lot more independence," said John.

"It means I can pay bills without asking someone else to write out a cheque."

John use touch-tone dialling, which means he can choose a particular service by simply punching out a number on his phone.

"It's very easy", he said. "If I want to order a cheque book, I press one; if I want to pay a bill, I dial another number. John saves money by making his calls in the evening when it is cheaper. "Many people think it is expensive, but I don't normally pay more than 20p a call."

Speaking out on abuse

Liz Thomson is campaigning to tear down the veil of silence around domestic violence against disabled women. Nic Paton met her

"I don't think abuse of disabled women is a subject that is generally recognised, or even talked about. But it does happen frequently. For disabled women this is often a double oppression, in that it can be much more difficult to do anything about it."

So says Hereford Women's Aid (HWA) refuge worker Liz Thomson, who is herself disabled. We met, with co-worker Jan Frances, at a local café.

Liz is understandably keen to protect the location of the refuge. When I ask if she would mind being photographed, she argues that this could lead to her recognition in Hereford and potentially put her, her co-workers or the residents at risk.

Hereford's shelter is one of 285 refuges in the UK. Of those, in England only 26 have purpose-built facilities for disabled women and children; though some others have facilities such as ramp or flat access or ground-floor bathrooms. Seven refuges in Wales, five in Scotland and seven in Northern Ireland have

wheelchair accessible facilities.

The issue of domestic abuse is gaining recognition. In July the first refuge in Europe run by, and specifically for, women with learning difficulties, will open in London. Beverley Lewis House, has been set up by The



HWA's logo: providing shelter

Powerhouse, a group for women with learning difficulties, and the East London Housing Association. Twelve women will be able to stay at the refuge for up to two years.

Liz Thomson has been working as disability project worker at the Hereford refuge for the past year. She came to HWA after teacher training.

Her role has been to identify the needs of disabled women in

the refuge, and make staff more aware of disability issues.

It is a job that requires stamina and energy, attributes that some able-bodied people fail to see in her at first glance.

"People assume that I only work in an office."

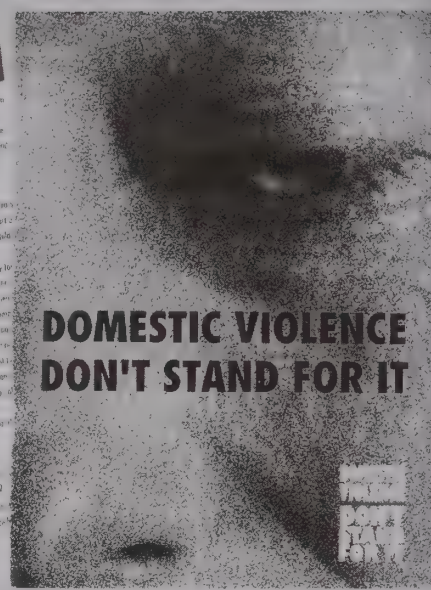
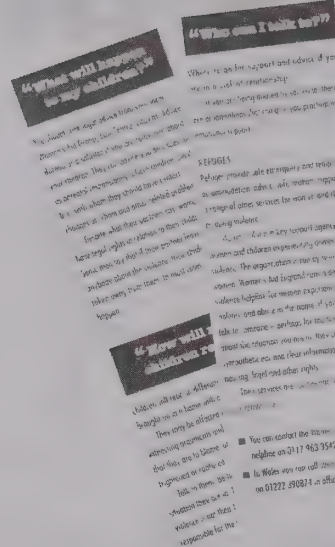
HWA started in 1979 as a volunteer support group and by 1982 had achieved charitable status. The first refuge was acquired in 1983 – a Victorian terraced house with four bedrooms, it was inaccessible to wheelchair users.

By 1993 the charity had acquired a purpose-built house through the Worcestershire Housing Association. It is maintained by housing benefit and a special needs management allowance.

The charity, which also offers a helpline and an "outreach" support service, will accept women with children from anywhere in the UK.

There are seven bedrooms, one of which – the "access suite" – is wheelchair accessible.

On the ground floor, the suite



Women's Aid joined forces with the Home Office last year to raise awareness of domestic abuse with this leaflet and a poster campaign

has a purpose-built wardrobe and corner kitchen. There is also an accessible ground-floor bathroom and shower and children's play room.

This is an important issue, argues Liz, as a mother who is being abused, but has a disabled child, may feel unable to escape because she will have to leave the child.

Working with a disabled woman in the safety of a refuge can be the easy part, says Jan. If your abuser is also your carer, it can be doubly difficult to escape the abuse. "Anyone who fears, for example, their carer, is going to find it even more difficult to speak out."

"Most women are in a position occasionally to visit the doctor. They have access to information, to telephones, to posters on the walls. A disabled woman may not have that."

Liz adds: "If something like *Disability Now* actually lands on your doorstep, at least you can know about it. It's a good way of accessing information to disabled women."

Most women who use the shelter stay for about four months. For disabled women and children it can be hard to find suitable alternative accommodation. If the woman feels she will lose access to adapted accommodation, she

may feel she is unable to leave.

Awareness of what is on offer is the key, says Liz. "A lot of women who identify that they are being abused tend to go straight to social services. I would like Women's Aid to create a disability network that disabled women can turn to."

From the end of May, when her contract runs out, she will be offering her services to the Women's Aid Federation (the national body) to set up a national disability working unit.

'Information about domestic violence against disabled women is 30 years behind that of able-bodied women'

The details are being negotiated, but Liz hopes she will be able to work with individual groups to raise information and awareness. She is trying to target other disabled workers and expects to work with the media in bringing the issue to a wider public.

"Abuse is coming on to the public agenda, whether with women or children, and of all ages. With disabled women it is just coming up," she says.

"A lot of people you talk to can't believe it happens to disabled women. Information about domestic violence against disabled women is 30 years behind that for able-bodied women."

"What I want to get across is that it doesn't have to carry on. There is help available. Any contact made with Women's Aid will be strictly confidential."

Women's Aid Federation national helpline and minicom, tel: (0117) 9633542.
Hereford Women's Aid, tel: (01432) 356146.
Beverley Lewis House, tel: 0181-522 0675.
DN helpline: (01708) 477582.

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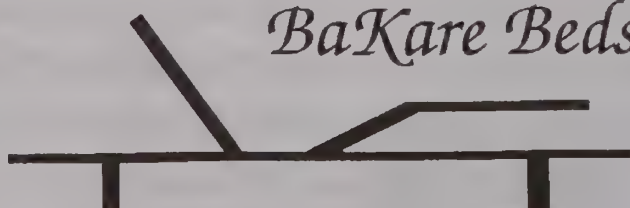
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Abuse can be experienced by women of all ages – and men too. One in 50 elderly people suffer physical abuse, and one in 20 suffer other (including financial) forms of abuse, says a survey by the charity Action on Elder Abuse (AEA)* published in April. The Government has said it will fund a national helpline for twelve months, costing £120,000. It starts in October and will be run by AEA.

**Everybody's Business: taking action on elder abuse*, £5, AEA, 1268 London Road, London SW16 4ER.

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Where do we go from here?

James Grant, 19 in April, leaves school in July – for what? In the first of three articles on post-19 provision for people with learning disabilities, Mary-Anne Grant tells of the difficulties they face.

When James was born in 1976, we were handed a booklet entitled *Letter to the parents of a mongol baby*. According to this (our only source of information), James would never read, write, enjoy any independence and, most certainly, never work. But he would be very affectionate and love music.

Needless to say, given this information we were thrown into despair. Among our concerns was an overwhelming anxiety about his adult life. How capable would he be? Who would look after him when we were no longer around?

In reality, James has achieved a great deal. His reading vocabulary grows by the day, he copies writing pretty well and he is completely independent in his home and at school. He is generous to a fault, thoughtful, considerate, smart, witty, amusing and helpful. How many teenagers do you know who will automatically pick up a tea towel when they see their mum washing up? A very different young man from the one described in that booklet.

It has not all been easy, however, and James has presented us with a fair range of challenges – but so have his brother and sister.

As James moved up his teens, he became quite disturbed whenever we encouraged him to see himself as a young man, and even the soft facial hair he grew did not convince him.

Acquiring a battery-operated razor last July (he was 18) marked the turning point. It was bought at his school's suggestion and once James had been shown how to use it, there was no stopping him. It had to be with him in his "bum bag" at all times and he wasn't choosy about where he used it – supermarket checkouts, restaurants.

Along with the razor came adolescence. Suddenly he was a young man. Instead of Peter Pan he took on the persona of Adrian Mole – developed spots and fell in love, madly, with a girl from school. Clothes were of real interest, especially waistcoats, and aftershave became a necessity.

Over the years we have given a lot of thought to what would be best for James post-19. These thoughts were often accompanied by feelings of

complete panic, and sometimes generated the desire to bury our heads in the sand.

Neither his father nor I have family to turn to for care support and this has always made us feel very vulnerable. Our views have varied at different stages of James' life and been influenced by different issues.

Increasingly, we felt James needed a firm base. His father and I divorced some years ago and for James two homes, two mums and two dads is often unsettling. He craves stability.

Over the years I have had bursts of researching possible alternatives. I subscribed to *Caresearch*, sought brochures from well known organisations like Camphill, Care and the Home Farm Trust, and from little known ones. Yet nothing could really be decided because the choice must depend on the needs of the person at the time.

So, as James approaches the age of 19, we are wholly focused on what happens next. He leaves his boarding school (St Josephs, Cranleigh, Surrey) in July and while his teaching

"While teaching and care staff are helpful... when it comes to working out the next stage, you are on your own"

and care staff are helpful and contribute ideas, when it comes to working out the next stage, you are on your own.

Social workers have been very helpful, and I have followed up their suggestions, along with my own ideas over the past 15 months. During this time, James' comprehension has improved considerably, but the concept of his future is still too abstract for him to contribute any views. So we have the huge responsibility of deciding what is best for him.

The feeling that James is at a very receptive stage led us to explore further education establishments. All concerned agreed that we needed to provide James with a structured environment, and that he was too "young" to move to a small community home. A lot of organisations



A dab hand at drying up: James helps Mary-Anne polish off the washing up

KEITH HAWKINS

offering community living were ruled out because of their distance from his family.

Wiltshire Careers and Guidance Services publish *Cope*, a useful compendium of post-16 education and training in residential establishments for young people with special needs. We decided to explore Lufton Manor College in Yeovil, Somerset, run by Mencap.

James and I were invited down for a visit. As we turned into the grounds, smoke billowed from my engine and within seconds of parking we were surrounded by students anxious to offer help. Had I broken down anywhere else, people would have passed me by with barely a glance.

We liked very much what we saw. The combination of work and social training provides an opportunity to develop greater independence and maturity, but it is also designed to equip students for employment and/or further training. The students spend time in the horticulture units, try their hand at vehicle and building maintenance and produce an extensive range of pottery and craft items which are sold in the college shop. They also study literacy and numeracy in the education centre.

James has been invited to spend three days at the college so that mutual assessment can take place – he is there now.

I have visited and given care-

ful consideration to about 12 placements in the past 18 months, but to me this is the one for James. If my opinion is not shared by the college, or by James, I am not sure where I shall turn.

Three days later: wonderful news! He's been offered a place starting at the end of July, subject to funding by the Further Education Funding Council. Apparently everyone he met at the college thought he was great and James liked the activities he took part in, especially going to the pub (a test of his social behaviour).

James' two years at Lufton Manor will give him time to

develop his range of independent living and vocational skills. He won't be on our doorstep, but for a two-year placement, this is not so important.

We hope that during his time at Lufton he will also be able to share in deciding the next stage. But, for now, we can relax.

Caresearch, tel: (01594) 530220.

The Camphill Village Trust, tel: (019276) 6006.

Care, tel: (01533) 793225.

Home Farm Trust, tel: (01272) 273746.

Lufton Manor College, tel: (01935) 23124.

Cope, £17.50 plus £2.50 p&p, tel: (01225) 777442.

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DN5/95

Swiss champion Heinz Frei won the fastest ever BSAD/Nutrasweet London Wheelchair Marathon on 2 April. Frei shattered the course record by finishing in an amazing time of 1:39:14. He sliced almost five minutes off the previous record, set by Belgian Georges Vandamme in 1993.

Rose Hill, who won the women's title for the second time, and Ivan Newman, the new veteran champion, were presented with trophies by Lord Snowdon in front of Buckingham Palace.

Fifty of the competitors were given *DN* t-shirts at a pre-race

Frei, who holds the world marathon record, came into the race as clear favourite and impressed everyone with his tremendous speed and stamina.

The Swiss star had a perfect start but could not shrug off his compatriot Jean-Marc Berset. For 12 miles the two men raced together, wheel to wheel.

Then, at Tower Bridge, Frei found an extra turn of speed and finally broke away.

"I was feeling good at Tower

not as fast a sprinter as some of my rivals."

Britain's David Holding had tried hard to hold on to the leaders but found the pace too hot.

"I couldn't believe how fast Frei was going. I had to slow down to save myself for later in the race."

With two miles to go, the race looked as good as over. Frei had almost won and Berset was cruising to second place.

Then, disaster struck. Berset suffered a puncture, forcing him to retire, leaving Holding and the Austrian George Shattenecker to battle for second place.

As they turned into The Mall,

The London Marathon was the fastest ever, with

"It was a hard race and I was more than happy to grab second place," said David. "Frei was fantastic. No-one could have beaten him in that kind of form."

Frei was ecstatic about his first London victory. He said: "I'm thrilled to have won. I did a lot of training to get myself in the best possible shape.

"My plan was to go as fast as possible and lose the rest."

Despite his world record, Frei's previous form in the marathon had been disappointing. At his last attempt three years ago, he could only finish second.

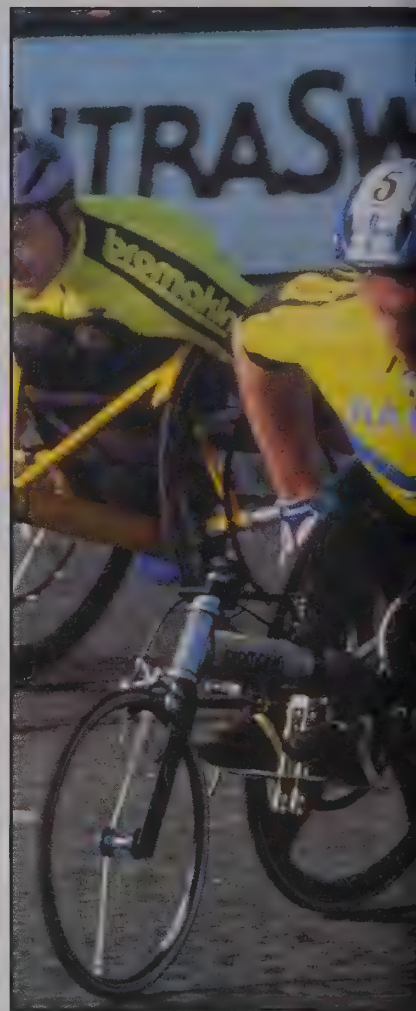
"This year I was much better prepared. The marathon was a big priority for me."

Rose Hill, from Milton Keynes, who was sponsored by Motability, won her second women's marathon title in a time of 2:17:02.

But, unfortunately, most spectators on The Mall missed Rose's finish because the race commentator did not notice her crossing the line.

"The conditions were perfect – sunny but not too hot – and the race went like a dream," she said.

"It was great to win a second title and I'll be going for the



Sprinter supreme: Britain's David Ho

hat-trick next year."

On current form, Hill looks a match for anyone, but her task was made easier by the absence of arch rival Tanni Grey.

Tanni decided to miss this year's race to concentrate on the Boston marathon which was two weeks later and spent



Marathon racers try on their DN t-shirts during a pre-race reception at I

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Speed star record

Russell. Photographs by Graham Bool



...es a flying start

...g commentating for the BBC
team.

...t a bit nerve-wracking at first, but
...ed and really enjoyed myself,"
...who won the marathon in 1992

...been working hard to improve her
...d stamina through weight

...training with the Canadian team



Copthorne Tara hotel

and learnt a new race technique. I now generate more power from my chest muscles when pushing the chair. This should improve my times considerably."

Ivan Newman, from Saffron Walden, won the veteran's race in a time of 1:53:18, just 26 seconds ahead of his closest rival, Huub Nelisse, from Holland.

Wheelchair wrecked

Ivan posted the fifth fastest time of the race but he nearly missed the event altogether when his favourite wheelchair was wrecked by airport baggage handlers just a few weeks before the race.

"I was flying back from a training session in America, when disaster struck. My best wheelchair was crushed in transit and I had to buy a new one.

"I couldn't believe my bad luck and I have demanded full compensation from the airline concerned.

"I feared the worst because it always takes a while to break in a new wheelchair. But I need



Glory bound: The London Wheelchair Marathon gets under way at Blackheath, south-east London

not have worried, the chair was fine on the day."

Problems, problems

Rose and Ivan faced a number of problems. The clock above the finishing line, which should have given the racers' times did not work, the competitors were not given a countdown at the start and the winners had to be helped up a step to reach the prize-giving area.

"Access could have been better," said Rose. "There were people to help us but that's not the point. We want to get about independently."

Ivan Newman agreed. "It is not good enough. You would have thought there would have been a ramp there."

Some of the wheelchair racers were unhappy about the amount of prize money on offer. Frei won £1,000 and Rose just £500, compared to the £25,000 each that the able-bodied winners received. "When you consider we spend hundreds of pounds on training for a race like this, the prize money we get is not enough," said Rose.

Gordon Neil of the BSAD agreed that there had been

some problems at the race.

"On the whole, things went very well, but we were unhappy about access to the presentation area and have asked for the clock to be switched. I will be discussing these issues with the organisers."

A London Marathon spokesperson said the the step the racers objected to was "only small" and access was better than last year.

He said the clock had not been switched on because it was difficult to provide times for both the wheelchair race and able-bodied event.



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Death and Deliverance: Euthanasia in Germany 1900 – 1945

by Michael Burleigh.
Cambridge University Press, £35
hardback, £14.95 paperback

Within the disabled community the debate on euthanasia has acquired a renewed and topical significance in the past few months. Already, euthanasia has been legalised in certain US states, while the Netherlands operates a system of more or

less tacit approval, as we saw, controversially, on television in March.

New developments in genetics offer opportunities for screening defective genes – allowing possible prevention through abortion.

Both euthanasia and genetics raise fears of a return to eugenics – linked forever in the public mind with the mass “euthanasia” programmes of Nazi Germany.

Michael Burleigh's book

represents the first major study in English on this critical period, and will no doubt become the definitive text.

And it is a grisly story. Between 1939 and 1945 more than 200,000 people – mostly psychiatric patients – were systematically murdered in asylums throughout Germany.

A secret bureaucracy – Aktion T-4 – was established to organise the task.

Hitler's personal involvement was carefully camouflaged: it

was always a “deniable” operation.) Few public protests were made, certainly not from the main body of German psychiatrists.

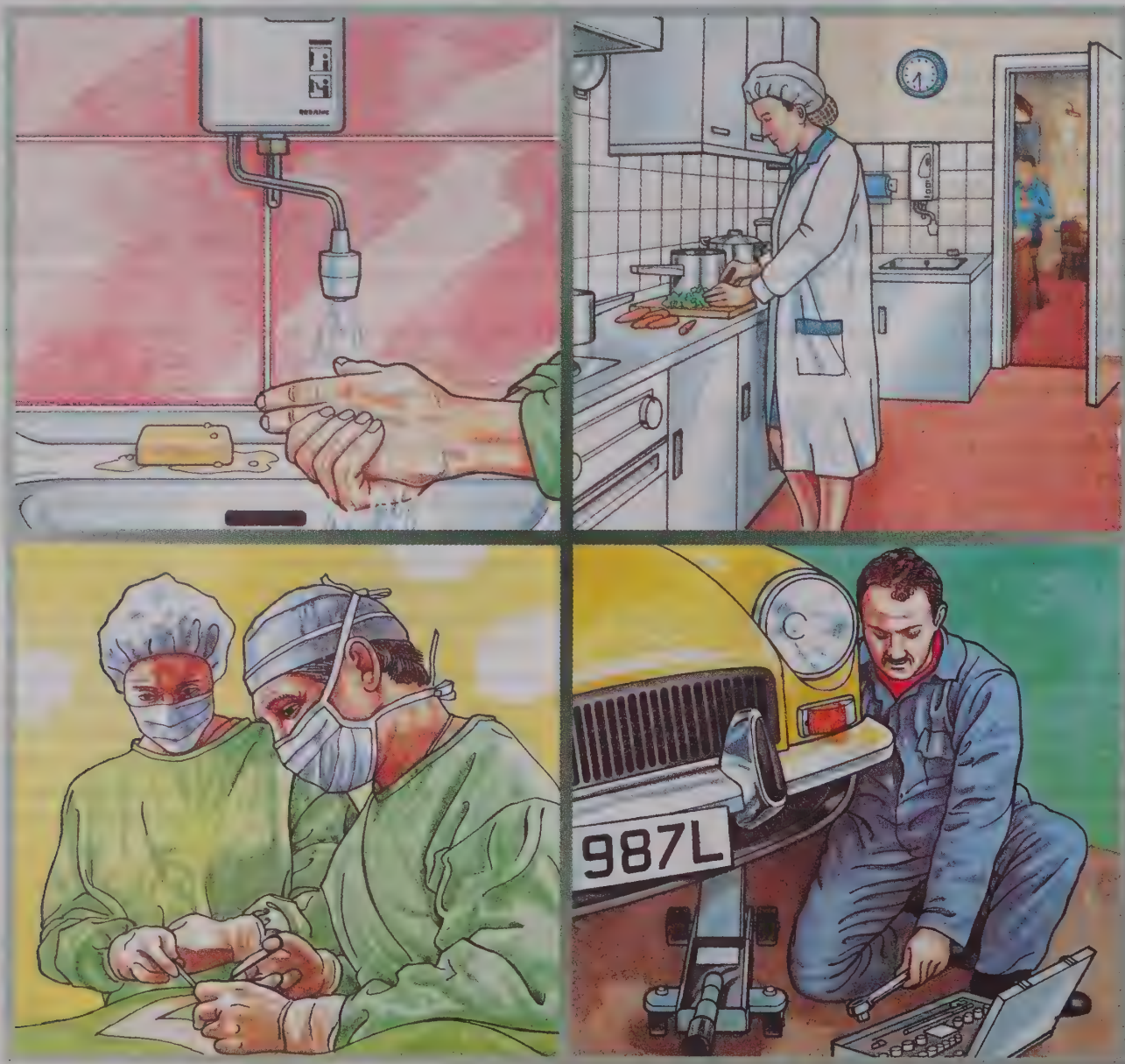
According to Burleigh, the main protest came too late in the day from Von Galen, the Catholic Bishop of Munster.

His intervention, in August 1941, forced Hitler to halt the programmes. But this proved only a temporary respite as a more refined system was put into operation in 1942.

Eugenics was only in part to blame. The Nazi revolution was built around the idea of homage to the state – Staatsabsolutismus – where the collective life was all and that of individuals irrelevant.

The Nazis had an inherent contempt for the weak, and simply ransacked eugenics to create a savage ethos based on a crude Social Darwinism that was, in reality, never more than a pretext for murder.

Michael Morgan

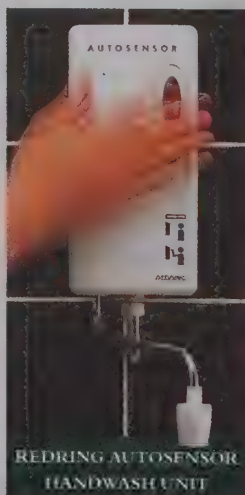


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We are Everyone

by Elaine Kolb
£11.65 CD, £7.15 tape, from
Local Music, Box 7, Brunswick
Mini Market, 3 Brunswick Street
Shopping Centre, Marchmont
Street, London WC1.

We are Everyone is written and performed by Elaine Kolb (above), a disabled disability campaigner from the US.

Elaine's songs are out and out country, and if you like that style you will enjoy the album.

The recording is pretty good, the band not bad at all, but Elaine could do with some singing lessons to improve her delivery and intonation. She has the same problem that I have had over the years writing songs about disability. The language is blatant, sometimes coarse and frankly unpoetic.

“Some of us are inconvenienced by some disability, still we count ourselves as citizens and we're aiming to be free. Riding public transportation as one way to get around, backed by federal regulations, hear us now we're freedom bound.”

If you are not offended by this unimaginative use of political clichés, you could well get hooked on this particular band wagon which does the political job well and the music one okay.

I do not wish to be cruel with these honest words, but I have had trouble rediscovering music after adapting my style to suit political words for the sake of the movement.

I love music too much to want to use it as a political vehicle, and I love lyrics too much to put them to uninspiring music. Shoot me down – yee hye.

Isobel Ward

The Madness of King George

Film

The Madness of King George is cinema at its best.

A very British film, with very British actors, it was adapted by Alan Bennett from his award-winning stage play, *The Madness of George III*.

The film is set in 1788. The King has always been a bit eccentric and is now in his thirtieth year of rule. Pitt the Younger is prime minister.

George is devoted to his wife Queen Charlotte, played by Helen Mirren, and their 15 children, including his eldest son, the Prince of Wales, played by Rupert Everett as an ambitious, selfish dandy.

Without warning the King's behaviour becomes quite bizarre.

He rants obscenities, tries to enact lurid sexual fantasies, and seems unable to control his emotions.

The state and the medical profession soon move in on the hapless king. He is confined to Windsor Castle and is given



Fighting madness and his doctors: Nigel Hawthorne as King George

barbaric treatment to "cure" him of his bad spirits.

However, Queen Charlotte employs Dr Willis, played by Ian Holm, who takes a more

psychological approach to the king's illness, albeit one which uses unconventional means.

All this time, the Prince of Wales is trying to convince

Parliament to pass a bill that will make him Prince Regent, and so end his father's reign.

The relationship between the king and his "madness" or disability, is beautifully explored. As is his relationship with Dr Willis.

The film shows how even the greatest and most powerful of people can be robbed of their power and dignity if they are thought to be "incapacitated".

This is starkly illustrated when King George says: "You can't make me do this, I am the King." "No sir, you are the patient," replies Willis.

Will the King recover in time to resume his throne? The conclusion keeps you on the edge of your seat in suspense.

The credits list that doctors now think King George had a disease of the nervous system called Porphyria, which is unpredictable – and hereditary.

The film won an Oscar for best art direction. In my mind, Nigel Hawthorne should have got an Oscar for best actor instead of that sentimental bloke Forrest Gump.

Mike Devenney

Television

Chris Davies

Due to it being one of the few mainstream programmes on my list, I regrettably have to return to

Hearts of Gold (BBC1).

Last month's schedule only permitted me a brief piece on the first of the series. As this initial programme was disability free, I ventured to hope the right lessons were being learnt. Alas, a vain hope.

In three programmes containing four disability outcomes, *Hearts of Gold* has contravened just about every "guideline" there is on portrayal of disability.

First there was the fundraiser who enabled "sick and disabled children" to holiday in Florida. The contravened guideline: disabled people do not wish to be objects of charity.

Next, the subjects were the adoptive parents of a boy with cp who had been benefiting from conductive education in Hungary. The guidelines broken here: disabled people do not wish to be objects of pity; and disabled people have to be "normalised" to be happy.

The third item was about a couple who were saved from spinal injury in a car accident by a passer-by. Contravened guideline: disabled people do not wish to be seen as inherently tragic/brave.

In the fourth example, a disabled person was awarded a blue ribbon for fund-raising to buy artificial legs for a Brazilian disabled teenager, thus breaking the tragic/brave guidelines, and the "normal" guidelines at a stroke.

Hearts of Gold does more damage to our representation over eight 50 minute programmes than a single night of *Children in Need*, yet where is the demonstration?

As one specialist series departs, another one arrives. With its 49th broadcast, *From the Edge*, (BBC2, 30 March) concluded until the autumn. Although it has gone from strength to strength, I will not miss the programme's "comedy".

No sooner had *From the Edge* finished than the excellent *Sign On* (C4, 1 April) returned. The first programme gave a copy-book example of how to systematically analyse disability media coverage – in this case, of deaf issues. The second show will hopefully be seen by C4 as a pilot for a long overdue series for deaf children. This show was called "Wow" and that's just about the best way to describe it.



Exhibitions

Garden

"The gardener digs in another time, without past or future, beginning or end. A time that does not cleave the day with rush hours, lunch breaks, the last bus home."

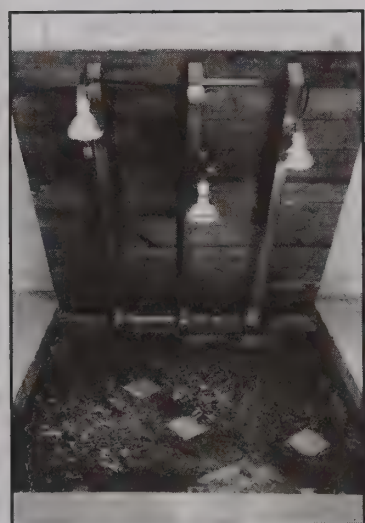
Strange I should be reading this entry in Derek Jarman's wonderful *Modern Nature* on my way to Adam Reynolds' exhibition. *Garden* was at the Adam Gallery, a small, white, ramshackle building a few stone throws from the Imperial War Museum.

The show was based entirely on what was already present in the gallery. A history graduate, Adam uses the language of archaeology to explore domestic spaces and the passage of time.

The two front rooms had been evacuated. In one, the floorboards were sawn away to reveal a mildewy, brick structure, evidence of previous lives and times, yet undocumented, allowing the imagination to fill in the details.

In the other, a section of the floor had been hinged up to show a garden beneath, plants that would have been grown when the area was part of a market garden.

Objects unearthed from these digs had been classified and



Buried lives: a below-floor garden shows what once grew

PETER WHITE

displayed in the back room: a row of strange iron shoe blocks, clue to some earlier occupant; oyster shells, the original throw-away fast-food packaging. Fragments had been meticulously labelled in sealed vials and jars and were for sale.

A list of these relics combined the worlds of apothecary and religion: "Wooden peg: a maintainer of harmony and sense of proportion; bottle neck: a drastic cure for spiritual constipation."

Underpinning the humour was a serious questioning of surface values; the worth of something being more than a sum of its parts; a house being more than a liquid asset.

Garden was a poetic, magical, whimsical Eden.

Claire Collison

Other People's Postcards

Other People's Postcards, at the Annexe, Fortescue House, in Twickenham, was more than an exhibition, it was part of a "building community through the arts" programme.

Devised by the design team KLL Associates, the project involves people with disabilities exploring their creativity through workshops, joint projects and at home.

Indian ink, white paper and all manner of other tools were used, no pencil or rubbers. The brochure said mistakes were welcome: "Be bold, the drawing then has a life of its own and becomes a personal and unexpected statement."

Brushes, string, sticks and sponges, even fingers dipped in black ink, were drawn across large sheets. The work was "cropped" with a frame. This was then printed.

The cards were for sale, orders were printed by the artists, thus giving a further dimension to the experience.

Gioya Steinke

Other People's Postcards will be touring. Details: KLL Associates, 19c Kew Gardens Road, Richmond, Surrey TW9 3HD.

Video top five

1. **SPEED** (Fox): Keanu Reeves risks going out with a bang in this adrenalin-pumping adventure.

2. **THE MASK** (EV): "It's party time – P, A, R, T, why? – cos I gotta" jokes Jim Carrey as the boisterous Mask. Don't miss the special effects. (N)

3. **CLEAR AND PRESENT DANGER** (CIC): secrecy, suspense and Harrison Ford in this nail-biting thriller.

4. **TRUE LIES** (CIC): action-packed adventure with Arnold Schwarzenegger and Jamie Lee Curtis.

5. **FOUR WEDDINGS AND A FUNERAL** (Columbia): record-breaking whimsical British comedy starring Hugh Grant.

Look out for

Soft Bodies Hard Metal Physical Theatre Company's **rotosphere workshop** for people with disabilities in Edinburgh, on 11 May. Free, contact Judy Spence, tel: 0131-337 8330.

Artyfacts

Jack the Ripper is released on tape in May by MCI spoken word, £5.99, tel: (01923) 255558.

Letters to the Editor



Disability **now**, 12 Park Crescent, London W1N 4EQ

'An isolated incident'

I was sorry to read of Lynne Hester's unfortunate incident when she applied for a job as a part-time telephone canvasser with the Royal National Institute for the Blind (RNIB) regional fundraising department (*DN April*).

Whilst acknowledging that Miss Hester was treated in an unfortunate manner, I would like to stress that this is an isolated incident, but one which RNIB nevertheless takes very seriously.

As a result, RNIB has spoken

to the member of staff concerned and has apologised to Miss Hester.

As a visually impaired person myself, I can understand the feelings of Miss Hester, but would like to reassure her and *DN* readers that the RNIB is striving to challenge blindness and to give visually impaired people the same rights and freedoms as sighted people.

Richard Lane
Communications officer
RNIB

London W1



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Shop around for your car insurance

Like many disabled people, I have used "specialised" insurance designed to meet our varying needs. But is this professional help or a calculated "con"?

In 1990, I needed car insurance in my name, with any driver, as I was to be divorced and previous policies were in my wife's name. I approached our existing company who were sympathetic and quoted a premium that included 25 per cent No Claims Bonus (NCB).

I also obtained a "specialist" quote, whose cover included many extras – all for £5 more, but without any NCB. This meant that next year I would

get 25 per cent NCB as opposed to an extra 10 per cent NCB from my present company. Great. That was the carrot.

In 1993, my NCB offset the rise in premium. In 1994, the premium was increased by £100 "to cover rising car thefts and damage by joyriders". In 1995, it has been raised another £100 (including premium tax) above NCB. This means I would pay only £40 less than in 1990! And they still advertise as being "at least 17.5 per cent cheaper than comparable policies".

Needless to say, I have shopped around for what I want and, surprise, I have been quoted £190 less with little

difference in cover.

I refused to renew my policy by telephone and was immediately asked what figure they had to beat.

Finally, good news for all. The RAC's Reflex cover (normally £142) is available to Orange Badge holders as Response, at only £69. It is an upgraded Reflex with the disabled holder in mind. Two cards cover the member in another vehicle and the member's own vehicle – even if they are not in it!

Rod Surridge
Godalming, Surrey

A gap that needs filling

On your news story "Twenty mile tooth trips" (*DN February*), I would add my "teeth" to the lack of accessible dentists.

I must have spent a fortune phoning around when I recently broke a filling. I had a temporary one put in at the dental hospital, which is very wheelchair friendly, but was then told that the waiting list for a proper filling is several months.

I phoned the family health services, who gave me a list of dentists, but everyone I contacted was unsuitable. After having my temporary filling renewed, I was getting desperate, so I eventually picked the best of a bad bunch.

The dentist was a very kind and caring lady, but it was a struggle to get into her premises and near enough to her chair.

This is a most unsatisfactory situation in 1995, and I dread my next bout of toothache.

Sue Fisher
Broughton Park, Salford

Odd one out

It's just not on using professional models on the Booster scooters (*DN April*). After all, able bodied people don't buy their products (or do they?). I myself have a Booster Trophy. Linda M Broomfield
Havant, Hampshire

Sic

'No benefit to me'

We always knew that students do well out of Naidex, collecting bags of free information – including copies of *DN*.

But the experience of a disabled person at Scottish Naidex was over the top. She arrived at the *DN* stand fuming. When she had tried to help herself to a leaflet about Incapacity Benefit on the Benefits Agency stand, she was told "it's for students".

Since when have students had a greater right to benefits information than disabled people?

The great ass-cape

Two donkeys escaped from the Thorn Cross young offenders' institution in Warrington, it was revealed by *Hansard*, the parliamentary record, in March.

The donkeys are cared for by Thorn Cross residents on behalf of the Sidmouth Donkey Sanctuary, and regularly visited by local children with disabilities. They were discovered revelling in their new-found freedom by a passing motorist and promptly put into a paddock.

Perhaps they were just trying to find their young friends...

Sharp practice?

DN reader the Reverend Graham Monteith, had a nasty surprise the other day when he went to get his ear pierced. The Reverend, aged 48, who has cerebral palsy and used to be vicar of the island of Orkney, plucked up the courage to go to his local branch of jewellers, H Samuel in Edinburgh.

But when he arrived he was told his enabler would have to sign for him as a guardian. "I was very nervous and just wanted to get the deed done, so I agreed," he said. "But I felt humiliated, it was dreadful."

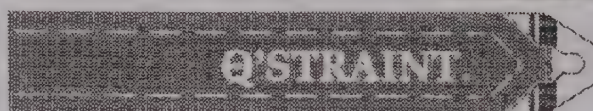
A spokesperson for H Samuel said the assistant had been concerned at the movement of his head and was then unable to read his writing. "It was not our intent to upset the customer."

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(5) Building Minnie the model steam engine helped Roger Hicks get his life back on track

'This little engine makes up for losing my physical recreations'

What is the connection between eating a boiled egg, reading *The Sunday Times* and changing a light bulb? They are all hard to do with one hand.

30 November 1982 was, for me, more significant than the Coronation or the 1966 World Cup. I fell down the stairs; an accident that was to change the course of my life.

I could not move my left arm or leg, because of a brain haemorrhage. The consultant's prognosis was grim: "With intensive physiotherapy we'll have you walking again, but there's not a lot we can do about the hand and arm."

I returned to work as a scientist with the Ministry of Defence three months after the accident, continuing the physiotherapy part time.

Gloom and despondency was mitigated only by the love, patience and support of my family. At the end of the day you accept the situation and get on with it. There are lots of things that cannot be done with one hand, but there are usually ways around the problem.



Roger in his workshop: "Distinguish between what is possible and what is beyond your capabilities"

DIANNE HICKS

completing her in 1992. The work was done with much encouragement and praise (not all deserved) from my family, but no active assistance other than that I shall discuss later.

The most obvious holding tool is an engineer's vice firmly bolted to the bench. It enabled me to saw, drill and file metal. Magnets, blue tack and double-

sided adhesive tape have also been used to hold pieces down.

Ingenuity is the key, but expect a job to take twice as long as it used to. Each problem solved brings great satisfaction, but try to eradicate that smug smile when coming indoors again!

Solving problems

An early problem was marking out the metal for machining. This was solved by an antiquated engineer's tool called the "Jenny Oddlegs".

One leg is sharpened to a point, while the other is bent to follow the edge of the work piece. With this, accurate dimensional lines can be scribed.

I found it impossible to use a centre punch and hammer, so I bought a spring-loaded centre punch. This can be opened with one hand and makes a perfectly good centre mark.

For brazing and soldering, you need a gas torch to heat the

work. I used a "retort stand" (found in chemistry laboratories) to clamp the torch at the right height and angle, freeing my right hand to feed the solder.

As Minnie progressed, it became a matter of pride to work unaided as far as possible. However, there were some jobs where assistance was essential, riveting for instance, (there are hundreds in the wheels alone). Here my wife Dianne provided an extra pair of hands to wield the rivet snap, a kind of punch that domes the head of each copper rivet.

Minnie was a challenging project, but having first studied the drawings, I was felt confident that it was "do-able". This is important. Make a conservative distinction between what is possible and what is beyond your capabilities, as failure will only erode a fragile confidence.

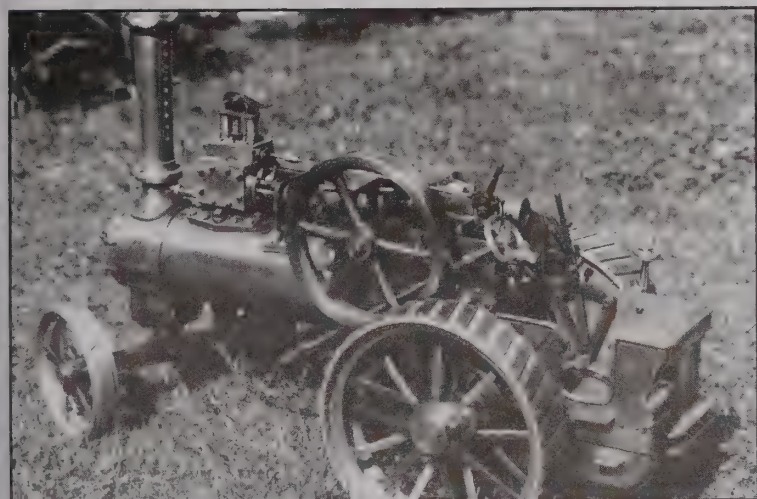
One step at a time

The engineering drawings detail each component, and it is at this level that you have to focus. Forget the finished engine and concentrate on making a good job of the part in hand.

Minnie was designed by the late L C Mason, to whom I am indebted for the advice in his book *Scale Model Traction Engine Building*, available from bookshops or libraries. Beginners can approach their local model engineering society for advice (most towns have one, listed in *Yellow Pages*).

I was very proud when Minnie won a first prize in the 1993 Dorchester Agricultural Society show. But more than that, for me this little engine has made up for the loss of other more physical recreations.

I would happily recommend the relaxation of model engineering to those in similar circumstances to myself.



Minnie: a first prize in the 1993 Dorchester Agricultural Show

At 42, active sports such as badminton and squash had been a way of life for me. The loss of such sports left an awful void. What to fill it?

As an engineer's apprentice in the late 1950s, I had learned the value of a good set of hand tools. But what good is an engineer with one hand? In a right-handed person, the left hand is predominantly used to hold or steady the work.

It seemed much could be achieved provided the job or workpiece could be held firmly. I started small jobs in the workshop to prove it. One of the first was turning a simple brass pulley wheel in the lathe.

More ambitious jobs followed. I started on "Minnie", my model traction engine, in 1985,

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Raising the profile of pressure sores

A pioneering NHS project in Derbyshire aims to eliminate pressure sores. Going for Gold project leader Maureen Lester explains how.

The Going for Gold project in north Derbyshire has developed out of five year's hard work, and is unusual for its involvement of disabled people.

Interest in pressure sores is now at a high level, with projects, including some backed by the National Health Service, all over the country.

There is a need for professionals and users to adopt good practices so that they, like us, can aim to eliminate pressure sores altogether.

It is recognised that people move between home, hospital, nursing homes and so forth, and pressure sores can occur wherever a person is.

Prevention has to be pursued in all these places and levels of prevention have to be maintained.

A representative from the Derbyshire Coalition of Disabled People has worked with us from the start to ensure that awareness is raised.

Emphasis is placed on the value of knowledge and experience disabled people have about their own needs.

Professionals are encouraged to utilise this information and involve the person when planning care.

A booklet, *The Personal Pressure Profile* has been developed. This contains information about a person's usual care and needs.

It is filled in by that person,



Going for Gold: personal care

carried around and shown to professionals for them to take appropriate action to prevent pressure sores.

The profile is used for people to assess their risk of developing a pressure sore. Based on that risk level, they can access pressure-relieving equipment themselves, without the delay of waiting for a

professional to visit first.

Further advice and a visit is offered as a follow-up. Access to equipment is available seven days a week, including holiday periods.

Whether a person is at home, in hospital or a nursing home, professionals have the same information about effective equipment and practice. People are able to bring their own equipment into hospital if they wish.

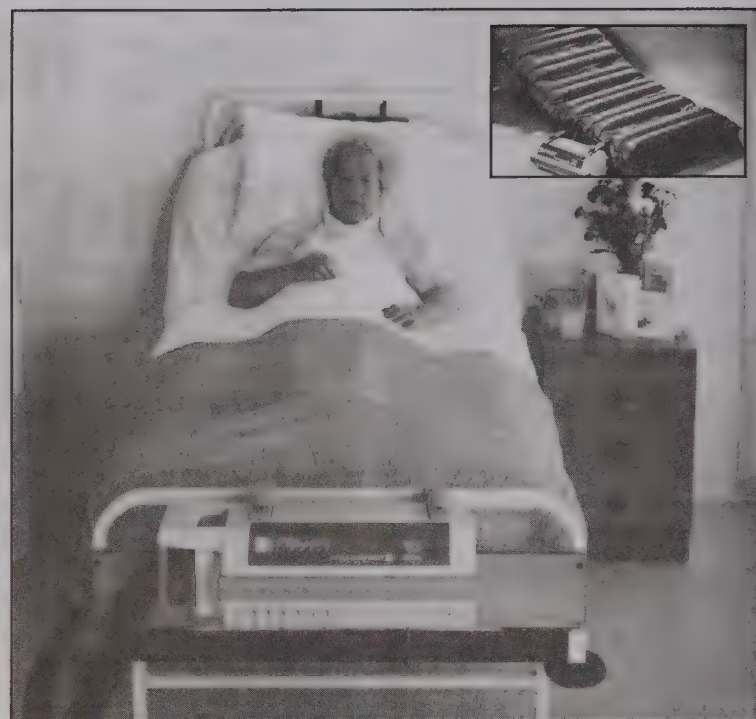
The results of the project have been encouraging. Reduction in the number of pressure sores has been achieved in all care settings with one site achieving the zero target.

Customer satisfaction levels are measured by case studies and by take-up of equipment – both are high.

Prevention of pressure sores is important. Signs of a pressure sore developing cannot be ignored. If you think you are at risk take immediate action.

Going for Gold, tel: (01246) 277271.

Derbyshire Coalition of Disabled People, tel: (01246) 865305.



The Pegasus mattress inflates tube-like cells (inset) for extra comfort

Ways to avoid sores

Diet: maintain a well-balanced diet. Leaflets on healthy eating are available at GP's surgeries, health centres and supermarkets. Drink sufficient fluid, particularly if you have a catheter.

Continence: where there is incontinence for prolonged periods, the skin is liable to breakdown. Leaking catheters should be attended to without delay. Continence pads should be efficient enough so as not to leave the skin wet. Advice can be found at GP's surgeries and health promotion centres. There is an Incontinence helpline, tel: 0191-213 0050.

Mobility: be aware of any changes in your usually daily activities that make you less

mobile. If you sit in a chair or wheelchair for long periods, pressure areas can be relieved by raising your body out of the chair every hour. If you are unable to do this, moving forwards and backwards, or from side to side will help.

In bed, change your position every two hours, avoiding dragging your skin across the surface. Sliding can be prevented by raising the foot of the bed and limiting the use of backrests to four hours a day.

Dressings: provide a moist environment, for instance through semi-permeable dressings. Hydro-colloids, such as Graunflex and Comfeel, are also used. If a wound has dead tissue and cells, it has to be cleaned. Alginates, such as Sorbsan, and hyrogels, such as Intrasite, are used.

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Best buys

Equipment to spread pressure evenly or change the contact area is the most suitable for pressure sores. Foam and air-filled cushions and mattress overlays are useful if you are at risk, for example the Propad from Medical Support Systems (MSS) and the Waffle from Qbitus.

For superficial skin breaks, combination cushions of gel or liquid and foam, such as Transflo gel, from Karomed, or the Sunmed range are best.

For a serious sore area, cushions and mattresses with a motor to inflate and deflate tube-like cells are best, for example the Pegasus, the Nimbus from HNE Healthcare and the Roho from Raymar.

Pegasus, tel: (01705) 784200.
HNE Healthcare, tel: (01582) 413104.

Raymar, tel: (01491) 578446.
Qbitus, tel: (01422) 381188.
MSS, tel: (01443) 843355.
Sunmed, tel: (01295) 270499.
Karomed, tel: (01460) 66033.

Disability consultant Stephen Duckworth let his guard drop – and found himself in bed for eight weeks

Pressure sores can be avoided most of the time. Simply keep your skin clean and dry, transfer carefully, inspect risky areas and avoid exposing your skin to pressure levels which cause red marks.

Sounds easy, but if you think “it will never happen to me”, be warned. This is when you are most vulnerable because you minimise the dangers and avoid taking precautions.

I have been paralysed from the neck down for the last fifteen years and never had the slightest hint of a skin problem.

One evening eight weeks ago I sat up in bed for slightly longer than usual and got up the next day to go to work.

That evening I was in bed and I’ve been there ever since.

I developed a sore while sitting in bed, did not check my skin the the morning, and sat on two blisters for the whole of the next day, which broke down into pressure sores. It *did* happen to me.

So the most important advice I could ever give is always assume it will happen to you

‘It will never happen to me’

and take avoidance action. If you are unlucky, get expert advice immediately. Most general hospitals and GPs do not have enough knowledge to help and may even make your problem worse.

Most regions have a specialist skin care centre, often attached to a spinal unit, of which there are 12 in the UK. I go to a very good pressure clinic at the Odstock Hospital in Salisbury.

Go local

Even if it takes a few hours on the phone trying to find your local centre of excellence, it will be worth it in the long run as it may save you several weeks in bed.

The most important treatment is pressure relief, positioning yourself in a way that completely removes all pressure on the affected area for every minute of the day.

During this time other pressure points will also be vulnerable, so adjust your position regularly to avoid getting secondary problems.

Take advice on cushions and mattresses. I use a Roho cushion during the day, and a water bed at night with a ripple mattress



Stephen back in the saddle again: “Get expert advice immediately”
KEITH CURTIS PHOTOGRAPHY

that inflates and deflates every ten-15 minutes. For travelling, I have an Alpha Bed portable ripple mattress. I also used to use a Spenco mattress, which

is similar to a down duvet. It pays to take expert advice too on dressings, as your local centre may have its favoured routine. I use Comfeel dressing

from Coloplast. At Odstock you can buy a specially formulated Sunflower cream developed by the hospital’s pressure centre. However, their pharmacy says it should not be used on broken skin or where a sore might develop.

Balanced diet

Other things worth considering are keeping to a balanced diet to ensure you get adequate vitamins and protein to help healing, and avoiding alcohol (if possible!) which slows healing and reduces your ability fight infection. I take vitamin C and zinc supplements. Nutritionists recommend them to assist healing.

Finally, I’ve learnt to keep smiling, be patient (especially with your family and friends), buy several long books and make a resolution – never, ever, to get another pressure sore.

50g Sunflower cream is £2.90 from the pharmacy shop, Odstock Hospital, Salisbury. For an order form, tel: (01722) 336262. Comfeel product advice line, tel: (0800) 622124.

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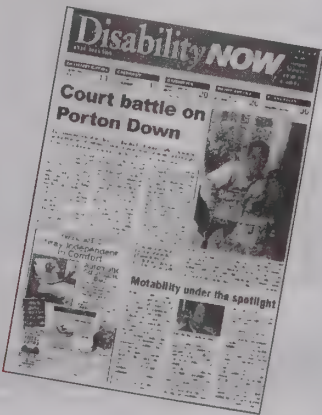
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HURRY! All entries received by 31 May will be included in our prize draw. Anyone may enter. You may be a new subscriber yourself.

Send to *Disability Now*, 12 Park Crescent, Freeport 17, London W1E 3HU. No stamp needed.



Overcome the howling pain of loneliness

Ann Darnbrough DN, 12 Park Crescent, London W1N 4EQ

Perhaps the most uncomfortable truth we have to learn in life is that we are each of us alone in this world.

Our "aleness" may be increased by our circumstances. Those of us without families, our childhood spent with other people whose families never become our own, may be very lonely indeed, even though we are always surrounded by people. There may be many times when we feel isolated.

Almost everyone at some time in their lives has been lonely, and somehow it always seems as though it is a personal failing we ought to be able to overcome.

After all, there are a lot of people out there, some of whom are themselves lonely, and they are also looking for friends. But, as readers who write to me about their problems of loneliness point out, it isn't as easy as that.

Disabled people may have more than their share of loneliness if they are not able to go out as much as they would wish. A friend was telling me the other day of a neighbour in a nearby flat who was desperately lonely all day. She was heard howling with the

pain of her loneliness. Her neighbours tried to help, but most of them worked and were out all day. Of course there should have been a means of her getting out and about, but it is all too easy simply to offer suggestions and then shrug when the person does not respond and remains unhappy.

While communities have a lot to answer for when so many of its members suffer the disability of loneliness, the problem can, in the end, only be solved by ourselves. We have to find our own way out. This may include talking to a doctor just to check that our loneliness is not caused by depression, which may have a physical cause.

Sometimes loneliness is attributable to shyness. One reader, who I shall call David, has reminded me of the isolation this can cause.

"Reading your column inspires me to write of my problem, and I know there must be thousands out there who suffer in silence - afraid to speak! Whoever thought a shy person could suffer so much pain? They say it is inherited. I have my doubts.

"I have been confused and

anxious all my 50 years and can't understand why. I have been told it is a phobia. Doctors say it is all in the mind. Tablets help to mask the embarrassment, but they can't kill the pain caused by tension."

In a further letter, David warns against counsellors, who he thinks are interested only in the ticking away of time on the clock and in cups of tea. He suggests that there is a need for dedicated advocates, whose prime object is concern for their clients and not for the fees they can earn.

A UNIQUE SERVICE!



The DN telephone counsellor, Lin Berwick, is a psycho-therapeutic counsellor, fully accredited Methodist local preacher, and qualified homeopath. Disabled herself, she can give other disabled people and their carers advice and support on personal and spiritual problems. Talk to her on Monday afternoons, 1pm-5pm and Thursdays 6pm-10pm. Her telephone number is (01708) 477582. DN's helpline is sponsored by British Telecom.

For those suffering from phobias and/or anxiety disorders, here are some voluntary organisations that can help.

Phobic Action aims to promote greater awareness and understanding of anxiety disorders, and offers practical support on how to organise a personal recovery programme.

The Phobics Society is dedicated to promoting the relief and rehabilitation of those affected by phobic illnesses. It aims to show that a phobic condition can be

treated and overcome. There are branches in various parts of the UK where phobics can discuss their problems and exchange views.

No Panic also has some local groups and works to relieve and rehabilitate people suffering from phobias, obsessive compulsive disorders and other related anxiety disorders, including tranquilliser withdrawal.

I would be interested to hear from readers who have overcome, or are learning to overcome, loneliness, phobic or anxiety disorders, so that we can share your experiences. It is encouraging to learn from each other. How you coped could be of considerable help to others.

Hay Diet led to happiness

You will remember that last month I was talking about slimming, and asking for ideas for shedding those extra pounds without too much agony and starvation. I was delighted to hear from Holly.

"I suggest you try the style of eating proteins and carbohydrates separately while also eating lots of fresh fruit and vegetables.

"Originally called the Hay Diet, there are now a number of books about this way of life: *Food Combining Diet*, *Lose Weight the Hay Way* by Kathryn Marsden, *Food Combining Health: don't mix foods that fight* by Doris Grant and Jean Joice, *Food Combining in 30 days* by Kathryn Marsden, *Food Combining for Vegetarians* by Jackie le Tissier. Most libraries have one or other of these books. I find it a good way to live."

Thank you Holly for that. By the way, I think the Hay Diet is

named after a doctor of that name and has nothing to do with joining the horses in the stable for mealtimes!

ME on the agenda

In several recent columns, I have written about ME (Myalgic Encephalomyelitis). It seems to be a growing problem - or is it that it has only comparatively recently been recognised as a condition in its own right?

Amelia stresses a point made by others, namely that rest is essential. She says that she was never told how to manage her condition.

"I believe I should have been advised to rest and pace myself carefully. As a result of not doing so, I developed more neurological symptoms."

I have had a helpful letter from the ME Association, indicating that they would be glad to send anyone information about ME and ways the association can help.

ME Awareness Week is 6-14 May and International ME Awareness Day is 12 May.

I look forward to hearing from you on these or any other subjects. I always answer letters personally and will try to help with any problems you raise.

Phobic Action, Claybury Grounds, Manor Road, Wood Green, Essex IG8 8PR, tel: 0181-559 2551, helpline, 0181-559 2459.

The Phobics Society, 4 Cheltenham Road, Chorlton-cum-Hardy, Manchester M21 9QN, tel: 0161-881 1937.

No Panic, 93 Brands Farm Way, Randlay, Telford, Shropshire TF3 2JQ, tel: (01952) 590005, helpline (01952) 590545.

ME Association, Stanhope House, High Street, Stanford le Hope, Essex SS17 0HA, tel: (01375) 642466.

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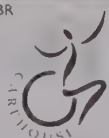
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DN5/95



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(9) Less well known than osteopathy or aromatherapy, cranio-sacral therapy nevertheless claims startling results. Nic Paton reports

Two residents of Jack Howarth House, a centre run by Scope (formerly The Spastics Society) in Oxford, are taking part in a pilot project into a complementary therapy that could, it is claimed, have a fundamental effect on their disability.

Both residents, aged ten and 13, have cerebral palsy and have been receiving cranio-sacral (or cranial) therapy from therapists Jeannie Humphreys and John Morgan for the past month, under the guidance of cranial therapy teacher Roger Marsh.

Unlike therapies such as aromatherapy and osteopathy, cranial therapy is not well known. It developed as an offshoot of osteopathy at the turn of the century. But, says Roger, the results can be startling. "It's not a matter of just helping people to feel more at ease, which is certainly important, but about resolving core problems and significantly enhancing their situation."

This could include freeing parts of the body unable to move, or helping to unravel people's "emotional restrictions".

"Everyone is individual and you cannot promise that something is going to happen," he warns. "However, the degree to which cranial therapy can help are very great."

In the case of the two residents at Jack Howarth House, results can be seen already. "On one of the residents the movement has



The very gentle touching is not just concentrated on the head

been quite significant. He is severely disabled and has poor circulation," says Roger.

"His feet used to be quite blue, but are now pink and stay that way. His body is warm and dry rather than cold and clammy."

"Also, his left leg straightened during one session. It did move back afterwards, but there was new movement."

Treatment is usually given

Heads you win...

lying down, though it is possible to be treated in a wheelchair or in a reclining position. The therapist works through very light touch, mainly on the head and sides, but also on other parts of the body as necessary.

The basis of the technique, says Roger, is that the bones of the head, which conventional wisdom says do not move, can move very slightly, through the production and absorption of cerebro-spinal fluids. These can act as a hydraulic force and subtly move the bones, creating a "cranial rhythm".

Freeing knots

The rhythm transmits itself down the spine, where there is also cerebro-spinal fluid, and all through the body. The job of a cranio-sacral therapist is to free any physical or emotional knots disrupting these rhythms.

"The result is that it's a very gentle, but very powerful way of helping a person to change old physical and emotional patterns that are holding them in a state of restriction in various ways. The treatment will allow them to express themselves more," says Roger.

The brain is one of the most mysterious organs of the body and has to be treated with care, especially when treating people with conditions like cerebral palsy, epilepsy or Alzheimer's disease. "You have to work in



Roger Marsh demonstrates cranial therapy on holistic therapist Jeannie Humphreys: "It is about resolving core problems"

NIGEL BARKLIE

conjunction with staff and doctors and know about any medication the person is on."

Though rare, some people can have flashbacks and even recover buried memories.

"If we look at the function of the brain, maybe a disability is caused by a malfunction somewhere. Any restriction of the cranial bones is going to

cause an inappropriate pressure on various parts of the brain.

"Let's say there's a part of the head where the bones are not moving freely. That's not unusual, especially with disability. In allowing that movement to come through the therapy, then the area being depressed will be released and start functioning," says Roger.

Roger would like to get the therapy established at Jack Howarth House, where there are nine residents aged between 19 and 30. It can also be useful for young children and babies, so he is keen to spread awareness of it to carers and parents.

The number of practitioners in this country is still small, in the hundreds, but growing. It is not generally available on the National Health Service, though fund-holding GPs could refer patients.

The International Register of Cranio-Sacral Therapists keeps a UK list. Roger came to the therapy after being trained as an acupuncturist, and has been teaching for several years.

The cost of a session will vary on its length and where you live. An average session could be from 45 minutes to an hour and a quarter. Roger charges £25 for a 45-minute session.

He suggests a couple of treatments at the start, then fortnightly treatments, and then a reduction in frequency, depending on how the person is responding. But, from his experience, the response tends to be positive. "Most people I know cannot get enough of it."

International Register of Cranio-Sacral Therapists, 9 St George's Mews, London NW1 8XE, tel: 0171-483 0120. Roger Marsh, tel: (01608) 658937.

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Info

Typetalk, the national relay service for hearing and speech impaired people, is to provide national textphone access to the police, fire and ambulance services. The new service means that anyone with a text telephone can dial freephone (0800) 112 999 in an emergency and the operator will pass on the details directly to the relevant emergency service.

The Royal Scotland Society for the Prevention of Cruelty to Children has changed its name to Children 1st.

Use the Tube is a video and training programme for people with learning disabilities. It goes through each stage of travelling on the London Underground, from buying a ticket to using the escalator and getting off at the right stop. £14.50 (inc p&cp),

from Lorraine Fox, Mencap London Division, 115 Golden Lane, London EC1Y 0TJ.

Please be a Hearing Aid is a poster to help hearing people communicate more easily with people who have impaired hearing. Free (with a large SAE), from East Regional Association for the Deaf, Whitethorns, Ranoch Road, Crowborough, East Sussex TN6 1RA.

Check Your Tax 1995/6 is a booklet designed to make sure that older people don't lose out on their personal allowances. Free (with a SAE), from Help the Aged shops or from Tax Information Department, Help the Aged, St James' Walk, London EC1R 0BE.

Would you like to nominate someone for the Stroke Association's Life After Stroke Awards? Nomination forms for the categories of courage, couples, carers, community, young

people and artistic achievement are available from Michelle Stein, The Stroke Association, CHSA House, Whitecross Street, London EC1Y 8JJ, tel: 0171-490 7999. The closing date is Friday 30 June 1995.

The Special Education Handbook is a guide for parents of children with special needs. It covers the 1993 Education Act, formal assessments and how to appeal to the independent special educational needs tribunal. £7.50 (plus £1 p&cp) from the Advisory Centre for Education, 1B Aberdeen Studios, 22 Highbury Grove, London N5 2DQ.

Appointments

Mary-Anne Grant has been appointed business manager of Churchill and Friend, disability trainers and consultants. Jane McLarty becomes the first full-time advisor for disabled students and staff at the University of Cambridge.

What's on?

Incapacity Benefit – getting to grips with the changes, a course for professionals on 30 May in London. From £50. Details from the Training and Membership Worker, Disability Alliance, Universal House, 88-94 Wentworth Street, London E1 7SA, tel: 0171-247 8776.

Developing a school sex education policy for young people with visual impairments and other disabilities, a seminar for teachers on 8 June in Leeds. Contact Jane Pickerden, Royal National Institute for the Blind Education Information Service, tel: 0171-388 1266.

Horticultural Therapy's (HT) 1995 Flower Show, a one day event on 14 June at Battersea Park, London. Details from HT, tel: (01373) 464782.

London Zoo Special Children's Day '95, for children with special needs and their families. Children under four, free; over four, £3.50; adults, £6. Contact the Education Department, London Zoo, Regent's Park, London NW1 4RY.

Vision '95, an exhibition for visually impaired children and adults on 27 June in London. Free entrance, £5 for seminars. Details from Louise Clunies-Ross, Royal National Institute for the Blind, (see above).

National Trust Centenary Events

Mobility Days, a display of powered vehicles and chairs on 19-20 May in Reading. Contact Barbara Phillips, tel: (01494) 528051.

Holidays

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More holidays on page 29

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For Personal ads please send a cheque or postal order for £3 payable to Disability Now with your ad. This is to help cover our costs.

MALE, GRADUATE, AMPUTEE, 30, single, straight, medium build, ambitious, warm-hearted, seeks lady (22-32) with similar disability for genuine friendship and loving relationship. Box No. 786.

LADY, 42, WITH CEREBRAL PALSY. I like going to church, travelling, reading and writing letters. I am looking for a male penfriend with similar interests and a good sense of humour. Box No. 787.

ATTRACTIVE ABLE BODIED MALE, 29, Oxford area, seeks paraplegic female (20-40) for informal friendship and fun. Interests include outdoor activities, swimming and music. Box No. 788.

BRITISH PEN FRIENDS WANTED for young foreign amputees who are keen to improve their English. Box No. 789.

MIDDLE-AGED WOMAN, intelligent, broad interests, GSOH and good speech, London, near transport, seeks genuine friends (any age). Box No. 790.

FEMALE, 24, with light brown hair and dark brown eyes, wheelchair user, would like to meet kind, sensitive and fun guy (20-35). My interests include writing, drawing, socialising, watching tv and listening to music. Box No. 791.

ROBERT, SINGLE, 40, retired civil servant. Slight disability - right arm and leg. Own home, non-smoker, GSOH. Enjoys cinema, music, most things. Lives in Northern Ireland. Seeks female penfriends 38+. Box No. 792.

STRENGTH IN SISTERHOOD Berkshire lesbian, with ME, seeks gay ME carers. Box No. 793.

BI-SEXUAL CARDIFF LADY, 40, very attractive and feminine with a slight hip disability, would like to meet similar-minded lady for romance. Box No. 794.

SLIGHTLY DISABLED GRADUATE, caring, tolerant, warm, tactile and fairly romantic, mid-30s, would like to meet a genuine woman (25+) for friendship and maybe long term relationship. Box No. 795.

OUTGOING, GOOD-LOOKING MALE, 35, slight cerebral palsy, seeks lady (25-40) with a GSOH for friendship and possible relationship. Box No. 796.

HELLO, MY NAME IS JENNY. I am looking for male and female friends. Interests include: films and music - I am a great Bon Jovi fan - radio, cinema, theatre and books. I am divorced, a wheelchair user, have blond hair and brown eyes and a GSOH. Box No. 797.

To reply to a Personal ad, indicate the Box Number and mark the envelope Private and Confidential. If you do not, it will be opened. Send to DN, address page 2.

Property for sale

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VAUXHALL ASTRA, converted for wheelchair, high top lifting ramp and straps, rear entry, 1,900 mileage, G reg, height 55in rear door. Tel: (01734) 272 463.

AUSTIN METRO, auto, fully converted inc high top roof and electric ramp to accommodate wheelchair and user plus driver and passenger. Hand controls previously owned by Thalidomide Trust. 27,000 miles, MOT tested, £1,500. Tel: (01536) 85856 or (01536) 725731.

POIRIER ELECTRIC WHEELCHAIR, adaptable positioning, four-years-old, only used around house. Good condition, cost £2,700, now £700 ono. Also, Poirier manual, as new. Cost £1,330, now £500 ono. Extending ramps 63in x 113in, £25. Tel: (01352) 740412.

GETAWAY SCOOTER, 20 miles on fully-charged, sealed battery. Battery charger, lights, rain cover, £500 ono. Also, computer table/desk, three good sized drawers, on casters. Oak, 4ft x 2ft x 2ft 4ins high, £25 ono. Tel: (01634) 365548.

LARK 4304 WHEELCHAIR, only used once, £1,000 ono. Tel: (01694) 751217.

FIAT FIORINO, rear access ramp for wheelchair plus three seats, 2,800 miles, MOT, £2,500. Tel: 0181-979 1637.

CARTER PANTHER powered wheelchair, one-year-old. User can electronically recline backrest, tilt seat and raise legs individually. Indoor and outdoor use. Cost £4,500, reasonable offer accepted. Tel: (01705) 262672.

More For sale ads on page 28

room furniture. Built for wheelchair user in 1989. Large shower/en-suite bathroom with second bathroom with jacuzzi. South facing rear garden, large patio, garage, front and rear door access for wheelchair user. £175,000. tel: (01245) 490369.



NATIONAL TRUST COMPETITION WINNERS



Congratulations to the four *DN* readers who each won a year's free entry to National Trust houses in England, Wales and Northern Ireland as part of its Centenary celebration. They are (from left to right): Mary Beckers of Wickford, Essex, Mary Curran of Newcastle upon Tyne, Kathlyn Heald of the Wirral, Merseyside and Marilyn Aldworth of Erdington, Birmingham. Kathlyn, one of the delighted winners, said: "I'm just waiting for the summer, and then I'll be off to Tatton Park in Cheshire. It was a lovely surprise."

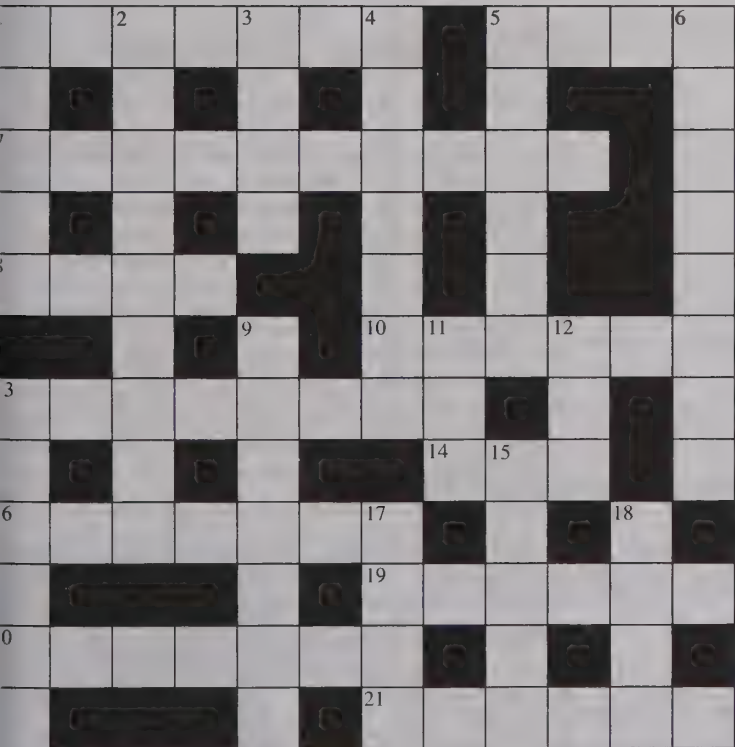
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April winner

The £10 prize goes to John Griffin of Selby, North Yorkshire. Simon Chambers (left) is saying: "You should enrol at the college, Chancellor, you might learn to add up properly!" Thanks to all who entered.



DN's crossword

Answers on page 31 COMPILED BY REBECCA REYNOLDS



- CROSS**
- 1. Small rural 18 down (7)
 - 2. Part of 13 down (4)
 - 3. Protestant politician (3,7)
 - 4. Small urban 18 down (4)
 - 5. Stale and rotting (6)
 - 6. Type of wheel or top (8)
 - 7. Tide movement (3)
 - 8. Peak lie (anag)
 - 9. Lake (6)
 - 10. Ail card (anag)
 - 11. Deer's horn (6)
- DOWN**
- 1. Leader (5)
 - 2. Late saint (anag)
 - 3. First man (4)
 - 4. Oriental (7)
 - 5. Man's name (6)
 - 6. Rip drove (anag) - giver of services (8)
 - 7. New testament city (7)
 - 8. - Concern, charity for elderly (3)
 - 9. Small bear or lion (3)
 - 10. They make an 18 down accessible - or inaccessible (6)
 - 11. Incur or create (5)
 - 12. - Fitzgerald, singer (4)
 - 13. It may be a sweet place - on the range perhaps (4)

Win free tickets worth £40 to the Victory Airshow!



DN is offering readers the chance to win 15 family tickets, worth £40 each, to the Victory Airshow, 22-23 July 1995, at RAF Fairford in Gloucestershire.

The event, which promises to be the most exciting yet, is a joint venture by the Royal Air Force and the Royal Air Force Benevolent's Fund International Air Tattoo '95 to celebrate VE and VJ Days.

All you have to do is find the 16 words hidden in the wordsearch below (we have found the first one to get you started), cut it out, fill in the coupon, and send it off by 27 May.

The lucky winners will be announced in *DN*'s July issue.



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H	U	R	R	I	C	A	N	E	R
F	E	R	I	F	T	I	P	S	E
L	C	O	N	C	O	R	D	E	N
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Trivia quiz

Answers on page 31

- 1. Which British dramatist was famous for *A Man for all Seasons*?
- 2. Who won the men's singles at Wimbledon in 1980, for the fifth consecutive year?
- 3. Which dance, often done in clogs, was said to be a favourite with sailors?

- 4. Where is St Peter Port?
- 5. What is the name of the mythological creature with a human head and a lion's body?
- 6. Which two Grand Prix drivers were disqualified from the 1995 Brazilian Grand Prix?
- 7. Which actor narrowly missed getting an oscar for best actor in the film *The Madness of King George*?

- 8. In show jumping, how many faults are incurred if the rider falls off?
- 9. In which ITV drama series do Kevin Whatley and Amanda Burton star?
- 10. Where is the Bay of Plenty?

Jokes

What kind of biscuit do you find at the South Pole?
A penguin

For Sale

STERLING FOUR WHEEL electric scooter, new July 1994. Immaculate condition, £1,200. Tel: (01427) 787061.

FORD ESCORT CHAIRMAN, 1990, H reg, 7,000 miles, £5,995. Tel: 0181-953 1238.

MINI CHAIRMAN AMBULANCE, rear entry wheelchair ramp, 30,000 miles, documented history, vgc, £795. Tel: (01372) 463863 Esher, Surrey.

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MOBILITY SCOOTERS, WHEELCHAIRS, ELECTRIC WHEELCHAIRS, STAIRLIFTS, ELECTRIC RECLINERS, BATTERIES, SALES SERVICE AND HIRE. 62 HOLLY BUSH ROAD, GRAVESEND, KENT DA12 5QQ.
TEL 01474 353837.

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The **ONLY** control that transfers from car to car. Fits in 5 minutes – removal takes seconds.

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A Chairman Car from Gowrings means no more transferring, no more lifting, just travelling with the family whenever you choose, in comfort.
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NEARLY NEW AND HARDLY USED FOR SALE FROM HALF PRICE.
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Specialising in:
Lightweight, Rigid & Folding Wheelchairs
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A company run by the disabled - for the disabled!

NIAGARA MASSAGE PADS, hand units. Adjustamatic massage beds, reclining massage chairs, nearly new, half prices, reconditioned, year warranty, guaranteed first class goods. Part exchanges, repairs, COD, Access, Visa accepted. Tel: (01460) 61157.

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SPECIALISTS IN QUALITY USED ELECTRIC WHEELCHAIRS, SCOOTERS AND BATRICARS
BOUGHT AND SOLD THROUGHOUT THE COUNTRY
FULLY GUARANTEED
For a fast and efficient service call free 0500 340611 anytime.
Free puncture proofing on all machines.

Lineage ads
Due to the large number of recruitment ads this month, we are unable to include our classified ad form. If you would like to advertise next month, call DN, tel: 0171-636 5020 and we will send you a form. Alternatively, you can use a form from a back copy.

LEFT-HANDED, STRAIGHT STAIRLIFT, vgc, £750. Tel: (01797) 270504.

LARK 4 SCOOTER, used once, cost £2,400, now £1,200. Tel: (01489) 576801.

NIAGARA MASSAGE CHAIR and hand unit, £450. Tel: (01344) 779071.

BEC STIRLING SCOOTER with charger, £700 ono. Tel: (01606) 593088.

CITY MOTOR SERVICES (CARDIFF)
VEHICLE ADAPTATION SPECIALIST
Conversion from hand controls to electric clutches for Petrol and Diesel
Ramp, Hoist, Lift, Seat, etc. Supplied and Fitted
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Best range of special needs cycling equipment
CALL NOW for information or demonstration.
DEALERS NATIONALLY
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H REG, SINGLE WHEELBASE Ford Transit Popular, automatic entry for wheelchair with lift and clamp, electric handbrake, infra-red remote control alarm and immobiliser, £15,500. Tel: (01670) 739926 Northumberland.

DUDLEY POWER PLUS electric wheelchair, £350. Also, hand controls for car, £150. Tel: (01284) 787773.

FORTRESS COMMUTER electric wheelchair with charger. As new, £1,000. Tel: (0114) 2307574.

BATRICAR POWERIDE 3, regularly serviced, £600. Tel: (01273) 306839.

SUNGIFT 3 WHEEL SCOOTER, excellent condition, £1,100 ono. Tel: 0161-368 1674.

ELAP ROTATING CAR SEAT fits Honda Accord, 3150. Tel: (01254) 248886 Blackburn.

Adam Price Accessible Vehicles
SPECIALIST SUPPLIER OF USED WHEELCHAIR ACCESSIBLE VEHICLES
Access conversions to your existing vehicle
Passenger use conversions (windows trim and seating) to used vans.
We sell and buy used vehicles.
Tel: Office (01202) 814112, Mobile (0374) 899687.

FOR SALE Ford Transit minibus. 9 seats, fully seatbelted, fully adapted, tail lift, A.A. inspection report available, 1986, D reg, M.O.T. July 95. Many extras. Sale price £8,000. Phone: 0181 531 0140.

POWERCHAIRS (MOBILITY CONSULTANTS)

Nearly new, hardly used Electric Wheelchairs, Scooters, Batricars. All models wanted and for sale.
The right one to suit your individual problem.

FREE ADVICE, DELIVERY, COLLECTION. ALL AREAS COVERED.

Fully Guaranteed
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TAIL-LIFT VEHICLES
Renault Dodge 1988, diesel, 34 seater, white, power door, £11,750
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VW Transporter 1988, diesel, 10 seater, reconditioned engine £ 5,950
Talbot Express 1988, diesel, 8 seater £ 4,250
Freight Rover 300 1987, petrol, 8 seater, yellow with grey interior £ 3,950
Freight Rover 300 1987, petrol, 8 seater, white £ 2,750
Ring David (01322) 228538 or Harry (01302) 328888.

WHEELCHAIR WAREHOUSE
FOR ALL YOUR CHAIR NEEDS:
Power, Manual, Lightweight, New, Used, All Sizes and suitable for all Ages. Also Stairlifts, car conversions and many other products.
Advice from Professional Disabled People always available.
GBL Wheelchair Services Ltd
Brentford, Tel: 0181 569 8955 Fax: 0181 560 5380
Littlehampton, Tel: 01903 733528 Fax: 01903 733530

TRIUMPH BATTERY-DRIVEN SCOOTER, by Ortho-Kinetics, as new. Was £2,000, now £1,000. Tel: (0115) 9250260.

SCOOTER, BATTERY-POWERED, 20-mile range, road or path. Excellent condition, £550. Tel: (01703) 432789 Southampton.

COWEL SWIVEL SEAT, slides and turns, £100 ono. Tel: (01424) 220713.

ALVEMA 200 extra large lie back pushchair. Like new, £200. Also, Ortho-Kinetics Kelly buggy, £80. Cot, pine, 5ft 9in by 2ft 9in, removable side, £100. Tel: (01442) 235124.

NEVER USED, 16in F40 Powertec electric wheelchair, one month old, £2,677 new, will accept £1,500. Tel: 0181-442 0912.

STERLING ELITE SCOOTER with canopy and extras. Cost £2,200 October '94, quick sale due to bereavement, £1,650. All documentation. Tel: (01372) 721170.

TOYOTA LITEACE, J reg, as new, converted for wheelchair passenger, 5,300 miles only. Electric tail lift, clamps, seat belt, extra seat, must sell, £8,250 ono. Tel: (01274) 544292.

VAUXHALL ASTRA side windows converted for wheelchair, high top, lifting ramp and straps, rear entry, 1,900 mileage, G reg, 5ft, 5 in rear door. Tel: (01734) 272463.

FORD ESCORT GHIA AUTO 1.6, E reg, 1988, under 27,000 miles, very light, powered steering, Reselco hand controls (over £2,000 worth of disabled controls). Immaculate condition, ideal for tetra/paraplegic, £4,500 ono. Tel: (01268) 742012.

SWED E ELITE ULTRA LIGHT WHEELCHAIR lilac colour, 17 inch wide, flip-up footrests. Cost £1,800 2-years-ago, now £950 ono. Tel: 0181-659 6471.

ELAP ROTATING SEAT CONVERSION UNIT for Sierra, £40. Tel: (01737) 35328.

FORD TRANSIT AMBULANCE with stretcher, power-assisted steering, hoist, automatic wheelchair clamping system. Fitted 18 months ago. Cost £5,185. Instant heat system controlled by internal thermostat. New tyres. Regularly serviced. Good condition. For quick sale, £2,350 ono. Reason for sale: new vehicle. Tel: (01375) 851365.

ELECTRIC WHEELCHAIR good condition, new battery, £850. Tel: (01204) 88 3014 Bury area.

SUNRISE ELECTRIC WHEELCHAIR still under guarantee. Cost £2,500, will accept £1,700 ono. Tel: (01905) 456589 or (01905) 456599.

RENAULT TRAFFIC, white, petrol, adapted for six people and wheelchair. M reg, under 2,100 miles, rear ramp, carpeted, fully taxed, warranty, £10,000. Also, Dudley electric wheelchair 16in, May 1994, warranty, £1,600. Tel: (01462) 456171 Burton.

FORD TRANSIT MINIBUS, high top, long wheel base, ten seats plus tail lift and tracking for two wheelchairs, plenty of space, new MOT. Tel: (01249) 443368. £4,000 ono.

TRIUMPH MODEL 4390 SCOOTER three-years-old, vgc. £850. Tel: (01973) 254008.

ELECTRIC SCOOTER, excellent condition, £585. Tel: (01908) 660089.

SEAT TERRA, January 1990, easy rear access via ramp and power winch. All round vision, economical, 900cc, 10,600 miles, £3,500 ono. Tel: (01580) 712433.

BEC STIRLING SCOOTER, excellent condition. Was £1,000, will accept £900. Bereavement sale. Tel: 0181-204 7485.

Recruitment

Senior Policy and Planning Officer

■ We are looking for a senior officer to join our busy Policy, Research and Planning Department.

■ Working closely with the PRPD Director, senior staff of the Arts Council of England and the Regional Arts Boards, the successful candidate will help with the development of corporate policies for the Arts Council, as well as with the monitoring and evaluation of the plans and policies of the arts funding system. As part of this brief, the postholder will take responsibility for the monitoring of the Council's work in cultural diversity (in respect of Black and Asian Arts), including the setting up and management of the Cultural Diversity Monitoring Committee, and for monitoring the Council's work in disability, including the servicing of the Arts & Disability Monitoring Committee.

■ Applicants must have several years' work experience in a senior, policy driven position (preferably in the arts), extensive knowledge of the arts funding system and current issues affecting the sector, the ability to negotiate and influence effectively at all levels, excellent monitoring, planning, report writing and communication skills. A broad knowledge of Black and Asian Arts and of disability issues, gained through work experience, is also required. Regular travel around the UK is likely to be necessary.

■ Salary on a scale £19,261.50 to £24,785 pa (which currently includes an RRA of £1,776 pa). Consideration will be given to candidates wishing to apply to undertake part of this post on a part-time basis.

■ Please note that because of the nature of the work involved, we intend to appoint a disabled person to at least half of this post.

For further details and an application form, please send a large (at least 8" x 5") self addressed envelope, quoting reference SENPOL, to the Personnel Department, The Arts Council, 14 Great Peter Street, London SW1P 3NQ. Alternatively, telephone 0171-973 6553 – between 10am and 4pm only. Minicom users may contact us on 0171-973 6564 (for deaf callers only). Closing date for receipt of applications is Friday 26th May 1995 absolute latest. Previous applicants need not re-apply.

The Arts Council is committed to an equal opportunities recruitment policy. Registered disabled people are currently under-represented within our workforce and their applications will be considered first.

THE ARTS COUNCIL OF ENGLAND

Holidays

PENROSE BURDEN NORTH CORNWALL
"1992 Holiday Care Award Winners"
Holiday Cottages designed for wheelchair users and their families. Rural setting with superb views. Dogs welcome. Wood burning stoves and daily meal service.
Please ring or write for colour brochure.
R&N Hall, Penrose Burden, St Breward, Bodmin, Cornwall PL30 4LZ. Telephone Bodmin (01208) 850277 or 850617.

MAR Y SOL - TENERIFE
Wheelchair accessible apartments. Heated pool with hot, restaurant, poolside bar, equipment hire. Ring today for cheapest prices on flights. Video available.

ALGARVE - PORTUGAL
Wheelchair friendly luxury villas in Portugal with swimming pools or small friendly hotel with adapted rooms. Sue Abbott, 123 Coppermill Road, Wraybury, Staines, Middx. TW19 5NX. Tel: (01753) 685718.

St. Leonards, Sussex.
7 berth caravan adapted for disabled people on Haven site. For colour brochure, Tel: Shepway MS (01303) 242009.

Llandello, West Wales
1994 HOLIDAY CARE WINNER
cottages, all wheelchair accessible. Rural location and overlooked by 12th century castle. Ideally situated for exploring South and West Wales. Each cottage sleeps 4, central heating, CTV, games/fitness rooms, laundry, extensive grounds. Open all year, short breaks available. Tel: Catherine McLoughlin (01558) 823 059 for brochure.

SOUTH WEST WALES
Luxury caravans (one specially designed for wheelchair users and their families). On beautifully situated, friendly family run park. 250 yds from sandy beach. Heated pool. Bar/restaurant. Games room. Sunrise Bay Holiday Park, Llansteffan, Carmarthen, Dyfed, SA33 5LP. Phone: 01267 241394.

EVERYTHING IS WHEELCHAIR ACCESSIBLE AT
BLAGDON FARM COUNTRY HOLIDAYS DEVON
New, luxury bungalows, overlooking 2.5 acre lake and set in 38 acres picturesque countryside. Nature trail, adventure playground, pet's corner and covered games area. For brochure contact Pauline & Tony Blight. Ashwater, Beaworthy, DEVON, EX21 5DF. Phone: 01409 211509. Fax: 01409 211510.

GLEBE FARM HOLIDAYS
SELF CATERING COTTAGES
FOR THE DISABLED
Glebe Farm, Charles Brayford
Mr. Barnstaple, North Devon EX32 7PT
Telephone: 01598 710241
Open all year. Wheelchair accessible.
Equipment available.
Please contact: Valerie Boddington

Brittany Cottage to let. Fully adapted for wheelchair use. Good access to beaches. Sleeps up to 6. Details C Hodgson. Tel: (01924) 454300.

NAISH ESTATE, New Milton, Hampshire. Fully equipped, completely wheelchair accessible, two-bedroom bungalow. Sleeps six. Site near sea with access to New Forest, Bournemouth. Excellent site facilities 100 yards from Chalet. Details, Mr P Cash, tel: (01425) 672055.

LOOE, CORNWALL. Fully equipped, self-catering, two-bedroom bungalow. Sleeps six. Site near sea with easy access to beach, shop and camp facilities. Easily accessible for wheelchairs. Details, Mr P Cash, tel: (01425) 672055.

Scope (formerly The Spastics Society) is the UK's largest charity working with disabled people. We exist to enable men, women and children with cerebral palsy and associated disabilities to claim their rights, lead full and rewarding lives and play a full part in society.

Charity No. 208231

Recruitment

NATIONAL FEDERATION OF Shopmobility

Registered Charity Number 1002564

NATIONAL OFFICER

Circa £18,000 p.a.

Three Year Fixed Term Contract (possibility of extension)

This is an exciting opportunity to join a small national charity and contribute to its rapid growth and national stature. The National Federation of Shopmobility is the umbrella organisation which encourages local communities to form Shopmobility schemes. These schemes provide the daily loan of wheelchairs for shopping and leisure use.

The principal function of this new appointment will be to promote the concept of Shopmobility and the work of the National Federation of Shopmobility throughout the UK.

The successful applicant will need demonstrable interpersonal skills, be an excellent communicator and public speaker. The ability to work independently is essential and the applicant must be a capable administrator. Knowledge of fund raising would be advantageous. Initially the successful candidate will work from home. Extensive travel throughout the UK is envisaged and therefore a car driver is desirable.

For further information and a job description contact:

Trudy Riordan, Honorary Secretary, NFS, Unit 35, The Octagon Centre, Park Street, Burton upon Trent, Staffs. DE14 3TN. Tel: 01283 515191.

Closing date for applications: 12 noon. Tuesday May 9th 1995.

Disability rights organiser, *Occupied Palestinian Territories*

to join the General Union of Disabled People, a lobbying/advocacy body promoting human rights for disabled Palestinians. Your role will be to help develop the Union's infrastructure - administrative systems, membership database, solid donor base - as well as conducting research and advising on mobilisation techniques. Proven organisational and administrative skills are essential, together with experience of working directly with disabled people in the community.

Community development worker, *Burkina Faso*

to join the West Africa programme of ADD (Action on Disability and Development) which is supporting organisations of disabled people in Burkina Faso. Your role will include animation, awareness raising and training as well as helping to promote income-generating activities within the community. The post requires training/experience in community development/animation, together with an ability to work with limited resources in a difficult environment. Knowledge of French an advantage.

Closing Date 24 May 1995

• If you would like further details please send an A4 67p s.a.e. to:
Recruitment Administrator, UNAIS, Suite 3A, Hunter House,
57 Goodramgate, YORK YO1 2LS. Tel: (01904) 647799.

UNAIS promotes long-term development by providing skilled and experienced technicians to locally organised initiatives in Latin America, West Africa and the Occupied Palestinian Territories. Registered charity no. 256236

Placements are for a minimum of two years. Flights, training, NI and medical insurance, accommodation, various grants and an allowance are provided.



Quality Assurance Division

Quality Assurance Advisor

£23,953 - £26,805 Job share considered

A Quality Assurance Advisor to work as part of a team, to promote and assure quality throughout Scope and its affiliated groups. The job involves working closely with other staff and volunteers, encouraging a focus on customer requirements, monitoring and evaluating aspects of Scope's work, providing advice and guidance on setting standards and designing and carrying out surveys.

Location to be negotiated. Travel throughout England and Wales, and staying away overnight will be required.

Closing date: 15 May 1995.

Interview date: 8 June 1995.

Enquiries particularly welcome from people with disabilities.

Secretary/ Administrative Assistant

Part-time (17.5 hrs)

(Scale 4, £10,939 - £12,231 pro-rata) plus ILWA

Secretary/Administrative Assistant to assist in supporting the work of the Quality Assurance Team and in the achievement of stated objectives. Usual secretarial/administrative skills including W4W and Excel. Flexibility and ability to work as a team member essential.

Located in Central London.

Closing date: 15 May 1995.

Interview date: 31 May 1995.

For an application form and further details for either post, please ring Brenda Ewington on 0171-387 9571, ext. 218 or write to: Scope, QA Secretariat, 16 Fitzroy Square, London W1P 6LP.

WORKING
TOWARDS
EQUALITY



Access Officer

c. £15,624 per annum (pro-rata)
25 hours per week

The District Council has taken the important decision to appoint an Access Officer to help it meet the needs of local disabled people. The Access Officer will be located in the Building Control division of the Planning Department and will offer expert guidance on a wide range of issues including:

- The formation of a local access group,
- Design of buildings, highways and leisure areas,
- Transport policy for disabled people,
- Investigation of "shop mobility" schemes,
- Awareness within the Authority of issues affecting disabled people.

Highly developed interpersonal skills and a good deal of personal initiative are essential in order to tackle a wide ranging brief. This will include close involvement with the Council's Advisory Group on the Needs of Disabled People.

Ideally, you should have experience of working as an Access Officer. Alternatively you may be a disabled person who can bring practical knowledge and experience to the post.

This post is being funded initially until 31st March 1997.

For an application form and further details, contact Dave Robbins, Personnel Manager, Wokingham District Council, Council Offices, Shute End, Wokingham, Berkshire RG40 1WH, or telephone 01734 778606.

Closing date for applications will be Wednesday 17th May 1995.



National Lottery Lottery Officer (Disability)

■ The National Lottery could provide an extra £250m annually for the Arts in the UK. Money which is desperately needed to restore crumbling arts buildings and to build new facilities where currently there are none.

■ We are looking for someone to join our National Lottery department as one of the officers responsible for the processing and evaluation of Lottery applications, liaising with applicants regarding their applications and for monitoring and checking the progress of Lottery fund recipients. This officer will have a special remit for the department's work in the field of disability, including providing advice and guidance to organisations and individuals applying for funding and therefore THIS POST IS ONLY OPEN TO DISABLED PEOPLE.

■ Applicants must have a wide knowledge of the issues affecting the disabled community, including current legislation, senior officer experience within an arts company or funding body, possess a detailed understanding of the design and management of arts facilities and have expertise in assessing capital and revenue budgets, cash flow forecasts and business plans.

■ In addition to the above, applicants must also possess persuasive communication and team working skills and the ability to analyse, evaluate and present information effectively.

■ Salary is on a scale ranging from £19,261 to £24,785 per annum. 25 days' annual leave. Pension scheme.

For further details and an application form, please send a large (at least 8" x 5") self addressed envelope, quoting ref: LOTOFF, to the Personnel Department, Arts Council of England, 14 Great Peter Street, London SW1P 3NQ. Alternatively, telephone 0171-973 6448 between 10am and 4pm only. Minicom number (for deaf callers only) 0171-973 6564. Closing date for receipt of completed applications: Wednesday 24th May 1995 absolute latest.

The Arts Council is committed to an equal opportunities recruitment policy. Registered disabled people are currently under-represented within our workforce and their applications will be considered first.

THE ARTS COUNCIL OF ENGLAND

LOTHIAN COALITION OF DISABLED PEOPLE CO-ORDINATOR

(Salary: £19,308-£21,000)

A Co-ordinator is required to manage and develop this organisation (now in its seventh year), which is at the forefront of disability issues in Scotland.

Application forms and further information (in formats other than print on request) are available from: The Lothian Coalition of Disabled People, 8 Lochend Road, Edinburgh EH6 8BR. Tel/Minicom: 0131-555 2151.

Applications from people with disabilities are particularly welcome. Closing date for applications is 26 May 1995.

Recruitment

Part-time Training Officer

(Fixed term to 31st March 1997)

■ We are looking for an experienced training officer to contribute to the development, implementation and assessment of the Arts Council of England's policy in support of arts training, with particular emphasis on the training and employment of disabled people.

■ The part-time Training Officer will, with the Director of Education and Training, take the lead in the Council's Apprenticeship Scheme, overseeing the work of a consultant and initiating collaborative work with other arts funding providers and funded organisations. We therefore feel it is important that we appoint a disabled person to this post.

■ In addition to the above, the postholder will take responsibility for other arts apprenticeships across all areas of the Council's work, as well as encouraging other appropriate training initiatives to help raise the profile and status of arts training, within the policy priorities of the Education and Training department.

■ Applicants must have experience as a training specialist, preferably in the arts, with a wide knowledge of current training and employment issues and developments; a practical knowledge of disability issues and their relation to the arts and its constituency. The postholder will be expected to research, write/draft and present papers/policies; develop, administer, manage and evaluate projects and to liaise effectively with people at all levels. Good general knowledge of the arts and ideally the arts funding system is also required.

■ Salary on scale £8,029-£10,343 per annum including a current RRA of £888 per annum for a 2.5 day week. Long hours (the Council's overtime scheme) available.

For further details and an application form, please send a large (at least 8" x 5") self addressed envelope, quoting ref: TRGO, to the Personnel Department, Arts Council, 14 Great Peter Street, London SW1P 3NQ. Alternatively, telephone 0171-973 6553 between 10am and 4pm only. Minicom number 0171-973 6564 (for deaf callers only). Closing date for receipt of applications is 22nd May 1995.

Previous applicants need not re-apply.

The Arts Council is committed to an equal opportunities recruitment policy. Registered disabled people are currently under-represented within our workforce and their applications will be considered first.

THE ARTS COUNCIL OF ENGLAND

SIGN LANGUAGE INTERPRETER - COMMUNICATIONS SERVICES UNIT

£13,737 - £16,248 + essential car user allowance

Sign Language Interpreter for Hearing Impaired People required. This is an exciting opportunity for an experienced and effective communicator with an understanding of the problems of Hearing Impaired people. Applicants should be CACDP Stage III holders with one year's practical experience in community settings.

You will be expected to travel to cover assignments mostly in the Midlands region and occasionally further afield.

For further information please contact Mr. R. S. Sandhu on 01384 483743.

Application forms from Social Services Department, Personnel Services, Ednam House, St. James's Road, Dudley, West Midlands, DY1 3JJ. Answerphone available on 01384 453142, please quote post ref. J623. Closing date 14th May.



DUDLEY
Metropolitan Borough



An Equal
Opportunities
Employer

SOUTHWARK DISABLEMENT ASSOCIATION

is looking for an
OUTREACH WORKER
£17,108

to develop its links and support for People with Physical and Sensory Disabilities from the Black and Ethnic Minority communities in Southwark.

A respectful awareness and understanding of the many diverse cultures in Southwark will be essential for this post.

Due to the nature of the work we are looking to employ someone who is disabled and black or from an ethnic minority group.

For details and an application form please write to David Stock, Southwark Disablement Association, 2 Bradenham Close, London. SE17 2QB. Closing date for completed application forms is 22nd May 1995.

Registered Charity No. 801594.

Scope (formerly The Spastics Society) is the UK's largest charity working with disabled people. We exist to enable men, women and children with cerebral palsy and associated disabilities to claim their rights, lead full and rewarding lives and play a full part in society.

Charity No. 208231

Campaigns Officer

(C1) £18,000 inc. ILW + Lease Car

The Campaigns Officer will be expected to devise and run campaigns, motivate and support volunteers, be aware of press opportunities and deliver our campaigning messages to a variety of audiences. Ideally, you will have previous experience in a campaigning or marketing background and a proven record of campaigning success. An experienced team worker, you will have confidence to lead campaign projects as required. The post will involve considerable amounts of travel. A lease car may be provided.

Researcher/ Research Analyst

(R1) £18,000 inc. ILW

As a member of the Campaigns team, the researcher will be expected to deliver high quality research with a view to

influencing Government and statutory authorities and to be aware of the implications of other research. You will also be able to write concise and clear briefing papers for MPs and similar audiences.

You will have a proven record of successful research, ideally within a similar context, and experience of presenting your ideas to a wide variety of audiences.

For an application form, please apply in writing, quoting the reference number, to Roshni Patel, Campaigns and Parliamentary Affairs Department, Scope, 12 Park Crescent, London W1N 4EQ. Fax: 0171 436 2601.

Closing date for application forms: 19 May 1995.

Only successful applicants will be contacted.

WORKING
TOWARDS
EQUALITY

SCOPE
FOR PEOPLE WITH CEREBRAL PALSY

RESEARCH OFFICER

£18,369-£20,964

LOUGHBOROUGH

The Research Officer position is based within a newly created team, the Post-16 Policy Unit. The unit is responsible for research, information and campaigning in relation to post-16 education, training and employment. The Research Officer will be expected to take the lead on educational issues.

You will have knowledge of further and higher education, training and career opportunities for people with disabilities. Direct research experience and the ability to relate objective research data to the individual experiences of people with disabilities is essential, as are excellent interpersonal skills and the ability to write accurately, clearly and concisely.

For an information pack please contact the Personnel Department, RNIB, 224 Great Portland Street, London W1N 6AA or telephone 0171-388 2370 (answerphone).

Closing date 16 May 1995.

RNIB is committed to equal opportunities.

Royal National Institute for the Blind



RNIB
challenging blindness

OUT-OF-HOURS TELEPHONE SUPPORT CO-ORDINATORS

The Federation of Voluntary Sector Care Providers has been set up to play a significant role in the provision of quality domiciliary care services to Southwark residents in need of home care.

We will be recruiting up to 4 out-of-hours telephone support co-ordinators who will be home based, to staff the out-of-hours telephone line during the hours of 0600-0930 and 1700-2300 Mon-Fri and 0600-2300 weekends. It is envisaged that co-ordinators would work on a rota, working 1 week in 4 and primarily concerns responding to emergency situations. The gross pay will be £85pw. People who are primarily home based due to disability or child-care responsibilities are encouraged to apply.

Please register your interest by sending a S.A.E. to the Federation, Out-of-hours recruitment, 64 Camberwell Church Street, London SE5 8JB.

Wanted

SECOND HOLIDAY HELPER (female), experienced driver, needed to assist two disabled ladies on a two-week holiday (1-15 July 1995). Week one - self-catering in the Lake District. Week two - B&B in Dumfermline. Helper to share driving to and from holiday destinations from north London. Very little personal help required; we use wheelchairs out of doors. All expenses paid, except pocket money. Please contact Joan Ross, tel: 0181-348 5930 evenings.

VOLUNTEER FEMALE HELPER (non-smoker) for disabled lady for occasional outings and holidays. Expenses paid. No heavy lifting, mainly pushing chair. Some shared driving, so driver preferred. South Yorkshire, Wakefield Area. Interested? Write to Box No. 2 *Disability Now*, 12 Park Crescent, London W1N 4EQ.

TAIL LIFT to fit Ford Transit. Tel: (01462) 431563.

ADMIN ASSISTANT, slightly disabled, seeks full-time clerical job (including typing) at home. Lives in Northern Ireland,

but replies are welcome from any area. Write to Box No. 3 *Disability Now*, 12 Park Crescent, London W1N 4EQ.

SMITHS CORONA WORD PROCESSOR, Model PWP60, in good condition, urgently required by professional lady. Tel: 0181-674 5927 after 11am daily.

Combined Arts Officer

■ The Arts Council is looking for one full time, or two part-time officers to join its new Combined Arts Department.

■ The main responsibilities will include contributing to the development and implementation of multidisciplinary arts policies in the areas of international work, arts centres, festivals and community arts and the assessment and monitoring of multidisciplinary arts organisations working in the areas of Arts and Disability, Cultural Diversity, Voluntary Arts, Women in the Arts.

■ The Arts Council is seeking to appoint a disabled person on either a part time or full time basis.

■ Salary (which currently includes an RRA of £1,776 pa on a scale ranging from £16,058 to £20,687 pa. 25 days' annual leave. Pension scheme.

For further details and an application form, please send a large (at least 8" x 5") self addressed envelope, quoting ref: COMBARTS, to the Personnel Department, Arts Council of England, 14 Great Peter Street, London SW1P 3NQ. Alternatively, telephone 0171-973 6448 between 10am to 4pm only. Minicom number (for deaf callers only) 0171-973 6564.

Closing date for receipt of completed applications: 24th May 1995 absolute latest. Interviews for shortlisted applicants are likely to be in the week beginning 5th June 1995.

The Arts Council is committed to an equal opportunities recruitment policy. Registered disabled people are currently under-represented within our workforce and their applications will be considered first.


THE ARTS COUNCIL OF ENGLAND

We've got it taped

Did you know that *DN* is available on tape? Contact Helen Crow on 0171-383 4575 for more information.

TO ADVERTISE YOUR VACANCIES/COURSES
 Please contact the Advertisement Director, Richard Gresham, Kingslea Press Limited, 12 Dock Offices, Surrey Quays Road, London SE16 2XU. Telephone 0171- 252 1362. Fax: 0171- 237 8019.
Deadlines for June issue: booking by 12 May, camera ready artwork/copy by 16 May.

LAMBETH ACCORD



DO YOU PUT PEOPLE FIRST?

Lambeth ACCORD Self Advocacy Project needs a COORDINATOR
 SO2 pt 32 – £17,838 + £2,163 ilw

We support people with learning difficulties in speaking out and making changes in their lives. We have an excellent reputation locally, nationally and internationally. We support several groups including Lambeth People First, Black Friendly Group and client committees in homes and day centres. We also run a project for young people with severe learning difficulties about to leave school.

The Coordinator will support and manage our workers and volunteers, promote and publicise our work, get new groups started, plan and coordinate activities, fundraise, manage a budget and carry out research into different models of representational advocacy. A central part of the job will be to move our project into independence. Most of the members of the steering group are people with learning difficulties.

Our new Coordinator must have excellent communication skills, experience of working alongside people with learning difficulties and/or other disabilities and sound knowledge of and commitment to self advocacy and the disability movement. S/he will be aware of the particular issues facing people with learning difficulties in an inner city environment and especially of those relating to people from ethnic minority communities. This job is busy and varied so the Coordinator must be able to manage change and plan a complicated workload.

For an information pack and application form, contact Val McDougal, Lambeth ACCORD, 336 Brixton Road, London SW9 7AA, tel: 0171 274 2299/ minicom: 0171 978 8765 (deaf/hard of hearing people only) fax: 0171 274 7840

Closing date for applications: 26th May. Interviews will be held on 13th June.

Lambeth ACCORD is working towards being an equal opportunities employer. We welcome applications from all sections of the community and particularly from disabled people. Our premises are fully accessible.

SIFT
(SUTTON INFORMATION FEDERATION TEAM)

Manager (36 hours) - Ref: 4983/1
 Salary: PO1/2 £19,521 - £22,116

We need to recruit a disabled person to set up and manage SIFT – a brand new disability information service in Sutton.

If you have experience of

- providing an information service to the public
- managing people and resources
- managing an IT system (ideally Unix/based)


and wish further information and an application form, please send a First Class sae to Gaille Petrie, Sutton Centre for Voluntary Service, 31 West Street, SUTTON, Surrey SM1 1SJ.

Information on the part-time posts of:
 Assistant Manager – Ref: 4983/2 and Admin. Officer – Ref: 4983/3 will be available shortly. Please send a First Class sae if interested and quote the reference number/s on your envelope.

CLOSING DATE: Friday 19th May 1995
INTERVIEW DATE Thursday 1st June 1995

SIFT is committed to Equal Opportunities

WFAPD (Waltham Forest Association of People with Disabilities) wish to appoint a disabled person as an Outreach & Development Worker
 (black and ethnic minority communities)
 salary £10,150 (S.O.1 pt 29, inc. OLV) for a 21 hour week



You will work to initiate and develop contacts with disabled people from a range of black and ethnic minority communities, particularly disabled people who have not so far been involved with local disability groups. You will work to set up support groups to meet the needs and concerns of disabled people from black and ethnic minority communities.

You will need to have experience of carrying out outreach and development work with disabled people from a range of communities. You must demonstrate an awareness of the issues faced by disabled people from a black and ethnic minority communities. Experience of working with a range of organisations, both voluntary and statutory, is essential.

THIS POST IS ONLY OPEN TO DISABLED PEOPLE and is advertised under Section 5 (2) (d) of the Race Relations Act.

The closing date for applications is 12 noon, Wednesday 24th May 1995. Interviews will be held on Wednesday 31st May.

For an application form and information pack, please contact: WFAPD, Units 13/14 Alpha Business Centre, South Grove, Walthamstow, London E17 7NX. Tel: 0181 509 0812 (voice & minicom).

INFORMATION ABOUT THIS POST IS AVAILABLE ON TAPE.
 THE WFAPD OFFICE IS FULLY ACCESSIBLE.

WFAPD is an Equal Opportunities Employer.

CROSSWORD ANSWERS
 ACROSS: 1. Cottage. 5. Step. 7. Ian Paisley. 8. Flat. 10. Rancid. 13. Spinning. 14. Ebb. 16. Apelike. 19. Lagoon. 20. Radical. 21. Antler.
 DOWN: 1. Chief. 2. Tantalise. 3. Adam. 4. Eastern. 5. Steven. 6. Provider. 9. Antioch. 11. Age. 12. Cub. 13. Stairs. 15. Beget. 17. Ella. 18. Home.

TRIVIA QUIZ ANSWERS
 1. Robert Bolt. 2. Bjorn Borg. 3. The Hornpipe. 4. Guernsey. 5. Sphinx. 6. Michael Schumacher and David Coulthard. 7. Nigel Hawthorne. 8. Eight faults. 9. Peak Practice. 10. North Island, New Zealand.

Disability Now Subscription Rates

Individual at home address: one year, £14, two years, £27. Organisations/authorities: one year, £19, two years, £37. Overseas (air-mail): one year, £30. Multiple copies: 2 copies, £32, 3 copies, £48, 4 copies, £64, 5 copies, £80, 6-9 copies, £96, 10-50 copies, £160, 51-100 copies, £185. One year only.

BRISTOL ROYAL SOCIETY FOR THE BLIND (BRSB)
SMALL BUSINESS ADVISOR (Part Time)
(Salary: £14,175 pro rata)

Applications are invited for this post to manage a supported employment scheme.

Closing date: Friday 20 May

Applications are particularly welcome from disabled people.

Full details and application form available from Sue Partridge, BRSB, Stillhouse Lane, Bedminster, Bristol BS3 4EB, tel: (0117) 9537750 (voice & minicom).

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People who are not disabled will only be considered if it proves impossible to find a suitable person with a disability.

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NAME.....

ADDRESS.....

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.....POSTCODE.....

Please return to *Disability Now*, 12 Park Crescent, FREEPOST 17, London W1E 3HU. Cheques should be made payable to *Disability Now*.

Multiple copy rates available on request. Tel: 0171-383 4575.

CHARITY PUBLICATION OF THE YEAR 1994

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MOTABILITY



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